



## Vietnamese Pulled Chicken

*Asian, Crock Pot, Poultry*

**Prep Time:** 30 min **Cook Time:** 3 hours **Difficulty:** Easy **Servings:** 3 servings

### **INGREDIENTS**

- 1 1/2 cups low-sodium chicken broth
- 1/2 shallots, very thinly sliced
- 1/16 cup fish sauce
- 1/2 tablespoon packed light brown sugar
- 1/2 thai chile, very thinly sliced
- 1/4 teaspoon crushed red pepper
- 1/2 teaspoon lime zest
- 2 chicken breasts
- 1/2 cup julienned or grated carrots
- 1/8 cup lime juice
- 1/8 cup sliced fresh mint
- 1/8 cup sliced fresh basil

rice noodles



*Meals of HOPE*

#### **DIRECTIONS**

Combine broth, shallots, fish sauce, brown sugar, chiles (or crushed red pepper) and lime zest in a 6-quart slow cooker. Nestle chicken meat-side down in the broth. Cook on High for 3 hours or Low for 6 hours.

Remove the chicken to a clean cutting board. Discard the skin and shred the meat. Return the chicken to the slow cooker and stir in carrots, lime juice, mint and basil.