Lunch

Poached Chicken Salad with Peanut Chilli Sauce

Tender poached chicken is coated in a warm honey and peanut sauce, then arranged over a crunchy salad of spring onions, carrot ribbons, cucumber and lettuce with a lime and soy dressing.



Dairy free

35 min	317	24.6 g	20.7 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 2 chicken breast fillets (200g)
- [ ] 1 tsp rapeseed oil
- [ ] 1 onion, finely chopped
- [ ] 1 red chilli, finely chopped
- [ ] 3 cloves of garlic, crushed
- [ ] 4 cm ginger, finely chopped
- [ ] 2 tbsp water
- [ ] 2 tsp peanut butter
- [ ] 2 tsp honey
- [ ] 2 tsp sesame oil

For the salad

- [ ] 4 spring onions, matchsticks
- [ ] 2 carrots, shaved into ribbons with a vegetable peeler
- [ ] 100 g cucumber, small sticks
- [ ] 100 g lettuce leaves, torn into small pieces
- [ ] 2 tsp reduced salt soy sauce
- [ ] zest and juice 1 lime, plus wedges to serve
- [ ] 25 g fresh coriander

Nutrition Facts

Per serving

Calories	317
Total fat	9.4 g
Saturated fat	1.6 g
Sodium	Not listed
Total carbs	24.6 g
Fiber	7.7 g
Total sugars	20.7 g
Protein	29.7 g

Method

- [ ] **1** Put the chicken breast fillets into a small pan of boiling water, bring the pan back to the boil, then turn the heat down and simmer for 10 minutes until cooked through. Take the pan off the heat and let the chicken sit in the water for 5 minutes.
- [ ] **2** Cut the spring onions into 3cm lengths, then slice each lengthways into matchsticks. Shave the carrots into ribbons with a vegetable peeler, cut the cucumber into small sticks and tear the lettuce leaves into small pieces. Toss the vegetables with the reduced salt soy sauce, the zest and juice of the lime and the fresh coriander, then set aside.
- [ ] **3** Warm the rapeseed oil in a small saucepan and cook the onion for 3-4 minutes. Add the red chilli, garlic and ginger and stir for 1 minute, then pour in the water with the honey, peanut butter and sesame oil, stirring until everything has dissolved.
- [ ] **4** Slice the chicken into small, thin pieces and add it to the sauce, turning to coat each piece well.
- [ ] **5** Pile the dressed salad onto plates and arrange the chicken around the outside. Serve with lime wedges.

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