

Chicken Satay Salad

Prep Time: 15 minutes + at least 1 hour marinating

Cook: 10 minutes

Serves: 2

Ingredients

1 tbsp tamari
1 tsp medium curry powder
 $\frac{1}{4}$ tsp ground cumin
1 garlic clove, finely grated
1 tsp clear honey
2 skinless chicken breast fillets (or use turkey breast)
1 tbsp crunchy peanut butter (choose a sugar-free version
with no palm oil, if possible)
1 tbsp sweet chilli sauce
1 tbsp lime juice
a little sunflower oil for wiping the pan
2 Little Gem lettuces hearts, cut into wedges
 $\frac{1}{4}$ cucumber, halved and sliced
1 banana shallot, halved and thinly sliced
generous handful coriander, chopped
seeds from $\frac{1}{2}$ pomegranate

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Method

Pour the tamari into a large dish and stir in the curry powder, cumin, garlic and honey. Mix well. Slice the chicken breasts in half horizontally to make 4 fillets in total, then add to the marinade and mix well to coat. Set aside in the fridge for at least 1 hr, or overnight, to allow the flavours to penetrate the chicken.

Meanwhile, mix the peanut butter with the chilli sauce, lime juice, and 1 tbsp water to make a spoonable sauce. When ready to cook the chicken, wipe a large non-stick frying pan with a little oil. Add the chicken and cook, covered with a lid, for 5-6 mins on a medium heat, turning the fillets over for the last min, until cooked but still moist. Set aside, covered, to rest for a few mins.

While the chicken rests, toss the lettuce wedges with the cucumber, shallot, coriander and pomegranate, and pile onto plates. Spoon over a little sauce. Slice the chicken, pile on top of the salad and spoon over the remaining sauce. Eat while the chicken is still warm.