



Chicken satay salad



Prep: 15 mins

Cook: 5 mins - 10 mins

plus at least 1 hr marinating



Easy



Serves 2



Ingredients

1 tbsp tamari

1 tsp medium curry powder

¼ 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

sunflower oil, for wiping the pan

2 Little Gem lettuce hearts, cut into wedges

¼ cucumber, halved and sliced

1 banana shallot, halved and thinly sliced

coriander, chopped

seeds from ½ pomegranate

Method

Step 1 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.

Step 2 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.

Step 3 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.