30 minutes

Serves 4

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Ingredients

Salad:

- 1 packet (125g) PnP mangetout, sliced
- 2 carrots, shredded
- 1 small cucumber, sliced
- 1 bunch radishes, sliced
- 1 red pepper, sliced
- 1 packet (125g) whole bean sprouts
- 1 butter lettuce, leaves separated
- 2-3 Tbsp (15-30ml) pickled ginger (optional)
- Handful each fresh coriander and mint
- Handful micro herbs
- 4 large red cabbage leaves, for serving

Dressing:

- 1 Tbsp (15ml) finely grated ginger
- 2 tsp (10ml) sesame oil
- 3 Tbsp (45ml) light soy sauce
- 1 red chilli, finely chopped
- 3 Tbsp (45ml) almond or peanut butter
- ½ cup (125ml) coconut milk
- 2 Tbsp (30ml) honey
- Juice (60ml) of 2 limes

Livers:

Salt and milled pepper

- 2 punnets (250g each) chicken livers, rinsed and trimmed
- 2-3 Tbsp (30-45ml) sesame seeds
- Vegetable oil, for frying

Method

- 1. Toss salad ingredients and divide between cabbage leaf "bowls".
- 2. Whisk dressing ingredients together until well combined.
- 3. Season livers and toss with sesame seeds.
- 4. Heat oil in a hot pan and fry livers in batches for 3-5 minutes or until well browned but slightly pink in centre.
- 5. Remove and rest for 5 minutes.
- 6. Top salad with livers and drizzle with dressing.

GOOD IDEA

Use low-fat plain yoghurt instead of coconut milk in the dressing.

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