

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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