

Less than 1 hour

Serves 4

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Ingredients

- 4 chicken breast fillets, flattened
- Salt and milled pepper
- Glug of olive or canola oil

Marinade:

- 1 Tbsp (15ml) ginger, grated
- 1 tsp (5ml) sesame oil
- ¼ cup (60ml) soy sauce
- ¼ cup (60ml) honey
- Squeeze fresh lime juice

Salad:

- ½ punnet (150g) rainbow carrots, cut into matchsticks
- 1 apple, cut into matchsticks
- 6-8 radishes, thinly sliced
- 4 baby gem lettuce, cut into wedges

For serving:

- Lime wedges
- Spring onion curls
- Sesame seeds
- 1 red chilli, sliced
- Handful toasted cashew nuts, roughly chopped
- Handful fresh coriander

Method

1. Season chicken and set aside.
2. Combine marinade ingredients and reserve about $\frac{1}{3}$ of the mixture.
3. Toss chicken in remaining marinade mixture and allow to marinate for at least 30 minutes.
4. Heat oil in a pan over medium heat and fry chicken until golden and cooked through, about 5-8 minutes per side.
5. Cool slightly before cutting chicken into slices.
6. Combine salad ingredients and arrange on a platter.
7. Top with sliced chicken.
8. Garnish with lime wedges, spring onion, sesame seeds, chilli, nuts and coriander.
9. Serve with reserved marinade as a dressing on the side.

COOK'S NOTE:

Combine 2 cloves grated garlic, 4cm knob grated ginger, 2 tsp (10ml) chilli flakes, 1 Tbsp (15ml) each Chinese five-spice powder and sesame oil, 2 Tbsp (30ml) each olive oil, soy sauce, hoisin sauce and honey. Marinate whole chicken fillets, reserving some marinade, and slice after cooking. Use reserved marinade as a dressing.

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