



*This light salad packs a real flavour punch!*

**Cooking Time: 30 min | Gluten-Free | Dairy-Free**  
**Cals 564 | Prot 52 | Carbs 40 | Fat 25**

## Tips For Fussy Eaters

Not a fan of mixing your sweet and savouries? Leave the mango out and replace it with avocado!

## Pro Tip

Firmly roll the lime on the work surface before slicing it. This will help release more of its juices.



## Ingredients

### Chicken

	For 2	For 3	For 4	
Chicken breast	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Water	100	150	200	ML
Lime	1	1	2	Piece
Black pepper	0.5	1	1	Tsp

### Dressing

Ginger	30	45	60	Grams
Tamari	15	22	30	ML
Rice vinegar	15	22	30	ML
Sesame oil	15	22	30	ML
Coconut sugar	5	10	10	Grams

### Salad

Carrot	1	2	2	Piece
Mango	1	1	2	Piece
Cucumber	2	3	4	Piece
Spring onion	40	60	80	Grams
Fresh mint	10	10	10	Grams
Fresh coriander	15	15	15	Grams
Black sesame seeds	10	15	20	Grams
Salted peanuts	40	60	80	Grams



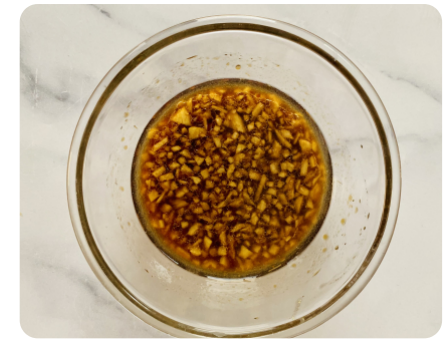
### 1 Fry chicken

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **chicken** with a pinch of **salt** and cook for 3 min on each side until golden.



### 2 Simmer chicken

Once golden, reduce the heat to medium-low, add the **measured water** to the pan, cover with a lid and cook for 10-15 min further.



### 3 Prep dressing

Peel and finely chop the **ginger**. Add the **ginger**, **tamari**, **rice vinegar**, **sesame oil** and **coconut sugar** to a bowl or jar and whisk until well blended. Set aside.



### 4 Prep salad

Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons. Stack the ribbons on top of one another, then slice them into thin sticks. Peel and slice the **mango** into matchsticks. Slice the **cucumber** into discs, then slice each individual **cucumber** disc into matchsticks. Trim and finely slice the **spring onion**. Pick the **mint** and **coriander** leaves. Set aside.



### 5 Pull chicken

Once ready, remove the pan from the heat and, using two forks, pull the **chicken** until it's fully shredded. Juice the **lime** directly into the pan and season generously with **salt** and **pepper**.



### 6 Toss

In a large bowl, toss the **mint**, **coriander**, **mango**, **spring onion**, **carrot**, **cucumber**, shredded **chicken**, **sesame** and **peanuts** in the **dressing**. Serve immediately.