

QCOOK

Honey-sesame Chicken Salad

with plump tomato & crunchy croutons

Hands-on Time: 10 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Morgan Barnard

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	531kj	3724kj
Energy	127kcal	891kcal
Protein	7.4g	51.8g
Carbs	11g	79g
of which sugars	4.2g	29.3g
Fibre	3.1g	21.8g
Fat	6.2g	43.7g
of which saturated	1.2g	8.3g
Sodium	171mg	1202mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Free-range Chicken Breast/s
50ml	100ml	Honey-Sriracha Sauce <i>(20ml [40ml] Honey, 10ml [20ml] Sriracha Sauce, 15ml [30ml] Low Sodium Soy Sauce & 5ml [10ml] Apple Cider Vinegar)</i>
40g	80g	Green Leaves <i>rinse</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
20g	40g	Pickled Onions <i>drain & roughly slice</i>
30g	60g	Croutons
1	1	Spring Onion <i>rinse & slice</i>
1	1	Avocado <i>cut in half & slice ½ [1]</i>
50ml	100ml	Sesame Yogurt Dressing <i>(40ml [80ml] Greek Yoghurt, 2,5ml [5ml] Sesame Oil & 7,5ml [15ml] Rice Wine Vinegar)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with honey-sriracha sauce. Remove from the pan with all the pan juice and rest for 5 minutes before slicing and seasoning.

2. JUST BEFORE SERVING In a bowl, combine the green leaves, the tomato, the pickled onion, the croutons, the spring onion, and a drizzle of olive oil, toss to combine, and season.

3. DINNER IS READY Bowl up the loaded salad, top with sliced chicken, and all the sauce. Top with the avocado slices, and drizzle over the sesame yoghurt dressing. Cheers, Chef!