



Peanut-soy Chicken Salad

with edamame beans & fresh mango

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Jemimah Smith

Wine Pairing: Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info	Per 100g	Per Portion
Energy	526kJ	2921kJ
Energy	126kcal	699kcal
Protein	9.6g	53.2g
Carbs	7g	37g
of which sugars	4g	22.3g
Fibre	1.4g	7.8g
Fat	6.8g	37.9g
of which saturated	2.5g	13.8g
Sodium	92mg	512mg

Allergens: Sulphites, Peanuts, Gluten, Tree Nuts, Wheat, Soya

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

3	4	Free-range Chicken Breasts
300g	400g	Mango Fingers <i>cut into bite-sized chunks</i>
120ml	160ml	Peanut-soy <i>(97.5ml [130ml] Peanut Butter & 22.5ml [30ml] Low Sodium Soy Sauce)</i>
30g	40g	Piquanté Peppers <i>drain</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
30g	40g	Cashew Nuts <i>roughly chop</i>
30ml	40ml	Lime Juice
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
120g	160g	Edamame Beans
150ml	200ml	Coconut Cream

- 1. CASHEWS IS KING** Place the cashews in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 2. PLUMP BEANS** Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.
- 3. PEANUT-SOY SAUCE** In a bowl, combine the peanut-soy with the coconut cream, the lime juice (to taste), and loosen with water in 5ml increments until drizzling consistency. Set aside.
- 4. GOLDEN CHICKEN** Return the pan to 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 a knob of butter (optional). Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).
- 5. PREP THE SALAD** To a salad bowl, add the salad leaves, cucumber, peppers, edamame beans, mango, a drizzle of olive oil and seasoning. Toss and set aside.
- 6. SENSATIONAL SATAY SUPPER** Plate up a bed of the fresh salad and top with the chicken. Drizzle with the peanut-soy dressing and garnish with the nuts.

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter (optional)