



Chicken Satay Salad

A super tasty summer treat

Serves: 3-4 - Protein: 30g per serve

Ingredients

Chicken

- 2 large chicken breasts or thighs (400-450g)
- 1 tbsp olive oil
- 1 tsp onion powder
- 1 tsp garlic powder
- Salt & pepper to taste
- 1/2 tsp curry powder (optional)

Salad Base

- 3-4 cups mixed leafy greens (rocket, baby spinach, mesclun)
- 1 cup shredded red cabbage or slaw mix
- ½ red capsicum, finely sliced
- 1 small carrot, julienned or grated
- ½ cucumber julienned or chopped
- Fresh coriander (optional but not really optional)
- Spring onion, finely sliced (optional)
- 1 cup cooked vermicelli noodles (optional)

Creamy Satay Dressing

- 2 tbsp smooth peanut butter
- 1-2 tbsp sweet chilli sauce (to taste)
- 1 tbsp soy sauce
- 1 tbsp lime or lemon juice
- 1 tsp sesame oil
- 1-2 tbsp warm water (to thin)
- ½ tsp grated ginger &/or garlic

Directions

Cook the chicken

Rub chicken with olive oil, onion powder, garlic powder, salt & pepper.
Pan-fry or air-fry until golden and cooked through.
Rest 5 minutes, then slice thinly.

Make the dressing

Whisk all dressing ingredients until smooth and creamy.
Add warm water gradually until pourable.

Assemble the salad

Toss salad vegetables together.
Top with sliced chicken.
Spoon dressing over (start with less - flavour is rich).

Finish with crunch

Sprinkle over sesame seeds and chopped peanuts just before serving.

Crunchy Toppers

- 1 tbsp sesame seeds (toasted if you like extra flavour)
- 1-2 tbsp chopped peanuts

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