



Asian sticky chicken salad

Prep: 40 minutes • Cook: 15 minutes • Serves: 2



Ingredients

150g raw chicken breast meat
1 clove garlic, crushed
1 tablespoon reduced-salt soy sauce
1 tablespoon honey or maple syrup
150g white cabbage, finely shredded
1 tablespoon sesame oil
2 carrots, peeled and finely shredded
3 spring onions, finely sliced into lengths
¼ cucumber, cut into fine batons
Small handful mint leaves
40g of chopped of plain, unsalted almonds or peanuts, roughly chopped
1 tablespoon sesame seeds, toasted
100g dry rice noodles

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✓

Cost per portion (January 2023) **£2.51**

Carbohydrate **40g**

Energy in kcals **470**

- 1** Lay the chicken breast between some cling film and pound with a rolling pin until flattened out. Slice the chicken into strips.
- 2** Mix the soy sauce, honey, garlic and half the sesame oil into a bowl and whisk to combine. Put the chicken into the marinade, mix well, cover and chill for at least 20 minutes.
- 3** Heat the remaining sesame oil in a frying pan over a medium/high heat, then add the chicken strips and fry until completely cooked through. Remove chicken from the pan and set aside on a plate.
- 4** Reduce heat and add the remaining marinade mix and cook until a sticky dressing is made, about 5 minutes. Allow to cool.
- 5** Boil a kettle full of water and pour boiling water into a bowl. Put the noodles into the water and leave for 3 minutes. Drain.
- 6** Tip the remaining ingredients into a bowl and gently incorporate the chicken and noodles. Serve with dressing drizzled over the top.