



Chicken and orange salad

Prep: 15 minutes • Cook: 20 minutes • Serves: 4



Ingredients

1 teaspoon olive oil
200g chicken breast, cut into bite-sized pieces
215g tin chickpeas (130g drained) or 150g edamame beans
400g rice noodles
2 little gem lettuces
2 oranges, peeled and segmented
2 limes, zested

Sesame oil dressing

1 tablespoon sesame oil
Juice from the 2 limes
1 tablespoon reduced-salt soy sauce
1 teaspoon sesame seeds, toasted

Nutritional info

Low phosphate **X**
Low potassium **✓**
Low fat (less than 3g/100g) **✓**
Carbohydrate **33g**
Low protein **X**
Low salt **✓**
Cost per portion (December 2022) **£2.20**
Energy in kcals **300**

- 1** Heat the oil in a shallow pan and fry the chicken pieces over a medium heat. When almost cooked, add in chickpeas and cook until heated through and crisping. Once the chicken is cooked thoroughly, remove and drain on kitchen paper to remove excess oil (if using edamame beans add them later).
- 2** While the chicken is cooking, cook the rice noodles according to packet instructions, then drain. For the dressing, whisk all ingredients together until well combined and set aside until needed.
- 3** Separate the lettuce leaves, tearing any large ones in half. Mix the lettuce with the noodles, orange segments, lime zest and edamame beans (if using in place of the chickpeas).
- 4** Mix the chicken and chickpeas into the salad and divide into four bowls. Dress the individual portions with the sesame oil dressing, then serve.