Asian Style Chicken Salad

Salad Ingredients

Chicken Breast
Lettuce
Carrot
Cucumber
Bean Shoots
Capsicum
Tomato
Spanish Onion
Mint leaves

Dressing Ingredients

2 Tbsps. Lime Juice
¼ cup Oil
2 Tbsp. Coriander chopped
1 Tbsp. Sweet Chilli Sauce
1 Tbsp. Brown Sugar
1 tsp. Salt

Method

1. Slice the chicken breast in half length ways, season with a little salt and pepper. Heat up a frying pan with 1 tablespoon oil and cook the chicken through. When cooked through take out of pan and leave to cool.
2. Wash and peel all vegetables that need to be done.
3. Shred the lettuce, bunch together the mint and slice thinly slice the cucumber on an angle, julienne the carrot and capsicum; slice the onion and tomato into thin strips.
4. Place all salad vegetables into a large mixing bowl.
5. For the dressing mix together all the dressing ingredients into a bowl, taste and add more of what you think it needs. E.g. sugar, salt, sweet chilli etc.
6. Slice the chicken into thin strips, add to the salad ingredients, add the dressing and mix altogether.
7. Serve in bowls and enjoy!!!