



Pink Lady® Thai Chicken Salad

Serves: 4



Ingredients:

Satay Dressing

- ♥ 200 ml coconut milk
- ♥ 45 ml (3 tbsp) crunchy peanut butter
- ♥ 5-10 ml (1-2 tsp) Thai red curry paste or to taste
- ♥ Juice of 1-2 limes

Salad

- ♥ 30 ml (2 tbsp) olive or avocado oil
- ♥ 4 chicken breast fillets
- ♥ 30 ml (2 tbsp) lemon juice

- ♥ Salt and pepper to taste
- ♥ ½ red pepper, cut into strips
- ♥ ½ small red cabbage, shredded
- ♥ 2 baby marrows, cut into ribbons with a vegetable peeler
- ♥ 1 corn on the cob, kernels removed
- ♥ 1-2 Pink Lady® Apples, cut into thick matchsticks
- ♥ Handful of basil leaves
- ♥ Handful of toasted cashew nuts
- ♥ Lime wedges to serve

Method:

Satay dressing:

Whisk all the ingredients together until well combined. Allow to stand for about 1 hour to develop the flavours.

Salad:

Heat oil over a medium heat and fry chicken on both sides until golden brown, but not cooked. Reduce the heat, add the lemon juice and cover with a lid. Simmer for 5-7 minutes or until just cooked, but not dry. Season to taste and allow to cool. Cut chicken into slices and arrange with the rest of the ingredients on a salad platter.

Serve with the satay dressing.

Tips:

1. Freeze any extra coconut milk in a freezer container. Thaw before using again. 2. To toast cashew nuts, toss in a hot frying pan, without any oil, until golden brown. Take care not to burn them. 3. This satay dressing is delicious as a dipping sauce for kebabs or tossed through stir-fried veggies.



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Pink Lady®

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