

Asian cabbage, bean & carrot salad with grilled chicken



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Preparation 20 mins | Cooking 12 mins | Serves 4

175g green beans, trimmed
½ small Chinese cabbage*, trimmed and shredded
1 orange carrot, shredded
1 purple carrot, shredded
3 green onions (shallots), trimmed and thinly sliced
1-2 (to taste) small red bird's eye chillies, deseeded and chopped
1 cup coriander leaves, roughly chopped
8 chicken thigh fillets (skin on)
Olive oil cooking spray
½ cup roasted peanuts, roughly chopped
Lime wedges and steamed jasmine rice, to serve
**you'll need about 3 cups shredded cabbage*

Lime & peanut dressing:

1 tbs peanut or rice bran oil
2 tbs lime juice
1 tbs salt reduced soy sauce
2 tsp brown sugar

STEP 1 Bring a small saucepan of water to the boil over high heat. Add beans and cook for 2-3 minutes until just tender. Drain, refresh in cold water and place into a large bowl. Add cabbage, carrots, green onions, chillies and coriander. Gently toss and set aside.

STEP 2 To make lime & peanut dressing, combine all ingredients in a screw-top jar. Shake until well combined. Set aside until ready to serve.

STEP 3 Preheat a greased barbecue or char-grill pan over medium heat. Spray chicken with oil and season with salt and pepper. Barbecue or char-grill chicken for 4-5 minutes on each side until golden and just cooked through.

STEP 4 Just before serving, shake dressing and drizzle over the salad. Add peanuts and gently toss to combine. Serve with chicken, lime wedges and steamed jasmine rice.