

Spicy red grapefruit, coriander & chicken salad



Spicy red grapefruit, coriander & chicken salad

Preparation about 30 minutes
Serves 4

For convenience, use a bought barbecued chicken for this salad.

- 3 red grapefruit
 - 2 Lebanese cucumbers
 - 2 cups coriander sprigs
 - 3 cups shredded cooked chicken
 - 4 green onions (shallots), thinly sliced diagonally
 - 1 long red chilli, halved lengthways, deseeded and finely sliced
 - ¼ cup sweet chilli sauce
 - 1½ tbs fish sauce
 - 2 tbs caster sugar
 - ¼ cup fried eschalots* or chopped roasted peanuts, to serve
1. Peel 2 grapefruit, removing all white pith. Using a sharp knife, cut along membranes to remove grapefruit segments. Place segments in a large bowl.
 2. Using a vegetable peeler, thinly slice cucumbers lengthways (discard seeds). Add cucumbers, coriander, chicken, green onions and chilli to grapefruit. Toss gently to combine.
 3. To make dressing, juice remaining grapefruit. Combine ¼ cup grapefruit juice, sweet chilli sauce, fish sauce and sugar in a screw-top jar. Shake until well combined.
 4. Spoon grapefruit salad into serving bowls. Drizzle with grapefruit dressing. Sprinkle with fried eschalots or peanuts and serve.

**Fried eschalots are available from Asian food shops and large supermarkets.*



Red grapefruit

- An excellent source of vitamin C a vitamin that helps to protect us against infection.
- A source of beta carotene and other related compounds – all important antioxidants which help protect our health.
- A good source of dietary fibre, which helps the digestive system stay healthy.

For fresh fruit and vegetable recipes visit
www.sydneymarkets.com.au

SYDNEY MARKETS

SYDNEY MARKETS

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. SPR08