

Spicy kiwifruit salsa with five spice chicken



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Preparation 20 mins | Cooking 8 mins | Serves 4

Spicy kiwifruit salsa:

- 3 firm kiwifruit, peeled and chopped into a fine dice
- 2 green onions (shallots), trimmed and very thinly sliced
- 1 small bird's eye red chilli, deseeded and finely chopped
- ½ cup coriander leaves, finely chopped
- 2 tbs lime juice
- 1 tsp fish sauce

8 free-range chicken thigh fillets, trimmed

- 1 tbs olive oil
- 1 tsp Chinese five spice
- Lime wedges, coriander leaves and steamed jasmine rice, to serve

STEP 1 To make the spicy kiwifruit salsa, place all ingredients into a bowl. Stir to combine. Stand for 15 minutes.

STEP 2 Meanwhile, place chicken between two sheets of baking paper and using a rolling pin flatten the chicken to about 2cm thick. Brush chicken with oil then sprinkle with Chinese five spice. Season with salt and pepper.

STEP 3 Heat a char-grill pan over medium-high heat. Char-grill chicken for 3-4 minutes on each side until golden and cooked through.

STEP 4 Slice chicken. Serve with spicy kiwifruit salsa, lime wedges, coriander leaves and steamed jasmine rice.

Good for you... **KIWIFRUIT**

A rich source of vitamin C, with one kiwifruit providing several day's supply. Vitamin C is important for healthy gums. Provide fibre which is concentrated in the little black seeds. Fibre helps keep the intestine functioning normally. A source of potassium.

