



Pink Lady® Thai Chicken Salad

Serves 4



Created by:
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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
- ♡ 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:

1. **Satay dressing:** Whisk all the ingredients together until well combined. Allow to stand for about 1 hour to develop the flavours.
2. **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.
3. Cut chicken into slices and arrange with the rest of the ingredients on a salad platter.
4. 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.

