

RECIPE

# Chicken Satay Salad



Ready in **5-10 minutes**

Serves **2 people**

## Ingredients

- 1tbsp [tamari](#)
- 1tsp medium curry powder
- ¼tsp [ground cumin](#)
- 1 [garlic clove](#), finely grated
- 1tsp [clear honey](#)
- 2 [skinless chicken breast fillets](#) (or use turkey breast)
- 1tbsp [crunchy peanut butter](#) (choose a sugar-free version with no palm oil, if possible)
- 1tbsp sweet chilli sauce
- 1tbsp [lime juice](#)
- [sunflower oil](#), for wiping the pan
- 2 [Little Gem lettuce](#) hearts, cut into wedges
- ¼ cucumber, halved and sliced
- 1 banana shallot, halved and thinly sliced
- coriander, chopped
- seeds from ½ [pomegranate](#)

## Preparation

1. Pour the tamari into a large dish and stir in the curry powder, cumin, garlic and honey. Mix well. Slice the chicken breasts in half horizontally to make 4 fillets in total, then add to the marinade and mix well to coat. Set aside in the fridge for at least 1 hr, or overnight, to allow the flavours to penetrate the chicken.

2. Meanwhile, mix the peanut butter with the chilli sauce, lime juice, and 1 tbsp water to make a spoonable sauce. When ready to cook the chicken, wipe a large non-stick frying pan with a little oil. Add the chicken and cook, covered with a lid, for 5-6 mins on a medium heat, turning the fillets over for the last min, until cooked but still moist. Set aside, covered, to rest for a few mins.
  
3. While the chicken rests, toss the lettuce wedges with the cucumber, shallot, coriander and pomegranate, and pile onto plates. Spoon over a little sauce. Slice the chicken, pile on top of the salad and spoon over the remaining sauce. Eat while the chicken is still warm.