

Chilli and Lime Chicken Salad

350g chicken breast fillet, poached or microwaved and cooled
1 medium carrot
1 red pepper, thinly sliced
½ small Chinese cabbage, shredded thinly
2 spring onions, sliced finely
¾ cup bean shoots
½ cup firmly packed fresh coriander leaves
100g salad greens

Dressing

¼ cup lime or lemon juice
2 Tbsp sweet chilli sauce
1 clove garlic, crushed
1 Tbsp oyster sauce
1 tspn sesame oil

Cut carrot into thin julienne strips, place in a bowl with the thinly sliced chicken. Add red pepper, cabbage, spring onion, sprouts, coriander and salad greens. Add chilli lime dressing and toss to combine.

Dressing

Combine ingredients in a screw-topped jar and shake well.

Health Habits: