



Chicken Salad

with Thai peanut and sesame sauce



Ingredients (Serves 4)

- 6** Chicken Thighs
- ½-1** teaspoon of roasted Sichuan peppercorn (optional)
- 1** tablespoon of fish sauce
- 2-3** dried kaffir lime leaves

Salad

- 1** cucumber
- 1** medium carrot
- 1** tablespoon shredded spring onion, white part only

Sauce

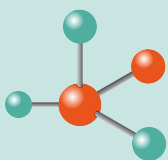
- 2** tablespoons peanut butter
- 3** tablespoon soy sauce
- 1** tablespoon black rice vinegar
- 1** tablespoon sesame seed oil
- 1** tablespoon honey
- 2** teaspoons chilli flakes, optional to taste



Method

- 1** In a large saucepan, bring enough water to a boil to cover the chicken

Add the chicken, fish sauce, peppercorns and lime leaves and poach the thighs in the boiling water for 15 minutes, until the chicken turns white and is cooked through
- 2**
- 3** Remove the chicken and allow to cool
- 4** If on the bone remove from the chicken and cut into small strips as close to the size and thickness of matchsticks as possible
- 5** Wash the cucumber, halve and remove the seeds, and cut into matchsticks
- 6** Peel the carrot and cut into thin matchstick strips
- 7** In a small bowl, whisk together peanut butter, soy sauce, rice vinegar, sesame seed oil, honey and chilli flakes
- 8** To serve you can either layer the items or mix together and drizzle with the dressing



Sprinkling of science

Made from fermented soybeans, soy sauce is primarily associated with dishes from countries in South East Asia. Its distinct taste - one of the few foods with its own basic taste, umami - makes it great for marinades as well as a condiment to many other foods. Research on soy sauce has suggested that its addition to food might positively impact on digestion (as per its fermented qualities) and in part an effect on the trillions of bacteria which call our gut home