



CHEF EDWARD HAYDEN'S WARM ORIENTAL CHICKEN SALAD



By Irish Yogurts Clonakilty
Warm Oriental Chicken
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Method



For Salad

- Use a vegetable peeler to cut the carrots and courgette into long ribbons
- Pile the lettuce leaves onto a large serving platter
- Neatly arrange the ribbons and then sprinkle the tomatoes, pepper and spring onion

For Dressing

- Combine all the ingredients and leave in the fridge until required

For Chicken

- Preheat oven to 190°C
- Place the chicken in a large bowl
- Add the lime juice, yogurt and chilli powder and mix well to ensure that all the chicken is fully coated with the spices.
- Place the chicken on a baking tray lined with parchment paper and bake for 12-15 minutes or until chicken is cooked through

Assemble

- Place warm chicken on top of the salad and garnish with the dressing and fresh herbs

Ingredients

Sweet Chilli Chicken

- 2 chicken breasts sliced in strips
- 1 tbsp of [Irish Yogurts Clonakilty Fat Free Natural Live Yogurt](#)
- Juice of ½ lime
- ½ tsp of chilli powder

Oriental Dressing



- 1 tsp rapeseed oil
- Juice of ½ lime
- 1 tbsp of [Irish Yogurts Clonakilty Fat Free Natural Live Yogurt](#)
- Cracked Black Pepper
- Pinch of dried chilli powder

Salad

- 7oz/200g of mixed lettuce leaves
- 8-10 cherry tomatoes halved
- 1 courgette
- 1 carrot
- 3-4 stems of spring onions sliced
- 1½ peppers cut into small pieces and roasted
- Fresh herbs to garnish

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