



CLONAKILTY

**PIRI PIRI CHICKEN SALAD WITH YOGURT AND LIME DRESSING
BY CHEF EDWARD HAYDEN**

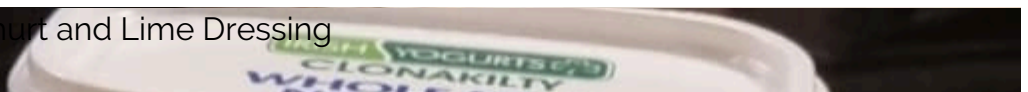


By Irish Yogurts Clonakilty
Piri Piri Chicken Salad with Yoghurt and Lime Dressing
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Method

Sweet Chilli Chicken

- Place chicken in a large clean bowl





- Add yogurt and piri piri spice and mix thoroughly to ensure that all the chicken is fully coated with the spice mixture
- Place the chicken on a flat baking tray lined with baking parchment and bake in a preheated oven (190C/375F/Gas Mark 5) for 12-15 minutes until the chicken is cooked through

Yogurt & Lime Dressing:

- Combine all ingredients together and store in the fridge until required.

Salad

- Using a vegetable peeler peel long strips of the carrot and courgette
- Pile the lettuce leaves onto a large serving platter. Neatly arrange the courgette and carrot ribbons on top and then sprinkle with the cherry tomatoes, mango and spring onions.
- When the chicken is cooked place it neatly and directly on the top of the salad leaves and drizzle with some of the prepared dressing and then sprinkle with the peanuts.
- Serve immediately.

Ingredients

Sweet Chilli Chicken

- 2 chicken breasts-sliced in strips
- 2 tablespoons Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt
- 1 teaspoon piri piri spice seasoning

Yogurt & Lime Dressing

- 3 tablespoons of [Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt](#)
- 1 teaspoon rapeseed oil
- Juice of ½ lime
- 1 tablespoon chopped coriander
- Pinch dried chilli flakes

Salad

- 7oz/200g mixed lettuce leaves
- 8-10 cherry tomatoes-halved
- 1 courgette
- 1 carrot
- 3-4 stems spring onions-sliced
- 1 tablespoons peanuts/cashew nuts
- 1 mango-diced

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