

Chicken and Sesame Coleslaw



Leftover chicken from a BBQ or Sunday dinner? Shred it for this salad to create an easy, nutritious midweek meal.

Ingredients

- 2 x 250g chicken breasts
- 1 cup brown rice, cooked
- 150 g savoy cabbage, shredded
- 70 g ed cabbage, shredded
- 1 spring onion, sliced
- 1 cucumber, julienned with a mandolin or sliced into strips
- 1 tbsp sesame seeds, toasted
- 1/2 cup coriander, chopped and extra for garnish
- Poaching liquid
- coriander roots, washed
- spring onion tops
- 3 slices of ginger

1 tsp whole peppercorns

1 tbsp salt

Sesame dressing

1/4 cup tahini

2 tbsp sesame oil

1/2 avocado

2 tbsp apple cider vinegar

1 tsp salt

1 tbsp chilli oil (optional)

1 garlic clove, crushed

Method:

1. In a saucepan over medium high heat, place salt, peppercorns, ginger and spring onion tops, coriander roots and bring it to a boil. Let this gently boil for a few minutes so the water is infused with the spices then place the chicken breasts in. Bring it back to a boil, with the lid on and take it off the heat. Let it poach for 20-30 minutes in the water. Remove chicken from the poaching liquid and place on a chopping board and dice or shred. Tip: you can reserve the poaching liquid to thin out the sesame dressing
2. In a blender, process the avocado, garlic, soy, sesame oil, tahini and vinegar until smooth and creamy. Add one tablespoon of water (or poaching liquid) at a time to loosen the dressing to your desired consistency. Set aside.
3. In a large bowl, place the cabbages, chopped coriander, cucumber, spring onions, chicken and drizzle the dressing and toss well. Transfer to a serving platter, and sprinkle with toasted sesame seeds and extra coriander on top.