

Chicken Salad with Nutty Dressing & Clear Tomato Chicken Soup



<Ingredients (4 serve)>

- 4 Chicken thigh
- 1 pinch Sea Salt
- 2 Tbsp Plain flour
- 3 stalks Spring onion
- Rocket salad
- 20 Mini tomato
- Salad cress (option)

<Nutty dressing>

- 1 Tbsp Peanut paste (no sugar)

3 Tbsp Tahini
4 Tbsp Soy sauce
1 Tbsp Fish sauce
1 Tbsp Lime juice
1 pinch Sea salt

<Soup>

2 cloves Garlic
1 clove Ginger
1 tsp Sea salt
4 Mushroom (slice finely)
1.2L Water

<Method>

1. Season the chicken

Place your knife alongside chicken's fibre and slice thinly as much as you can.



(these white lines are fibres)



Sprinkle sea salt over first and coat with plain flour.



2. Boil the chicken

Pour water in a source pan and add the 1 stalk of spring onion, garlic, ginger and bring it to the boil.



Add the sliced chicken and keep simmering for 10 minutes or until the chicken is cooked.



Take the chicken, spring onion, garlic, ginger away from the soup with tong (or you can sieve if you like). Keep the chicken alongside for the salad at room temperature.

3. Make the soup

Slice 10 mini tomatoes into half and put into the soup. Add mushroom and simmer until the tomato wilts.

Season with sea salt and add some salad cress if you like.

4. **Make the salad**

Put all ingredients for dressing in a bowl and combine well.

Add the boiled chicken and sliced 2 stalks of spring onion, and coat well.



Put the rocket salad on a plate and make a pile of chicken on that. Place some mini tomatoes randomly and serve with soup.

