

Quick and easy



# Bang bang chicken

*Serves 1*

140g skinless chicken breast

Salt and pepper

3 spring onions, sliced

95g sugar snap peas, sliced

1 carrot, peeled into ribbons

¼ cucumber, peeled, deseeded and sliced

1 baby gem lettuce, roughly torn

10g unsalted peanuts, roughly crushed

15g peanut butter

1½ tsp light soy sauce

1 tsp sesame oil

Juice of 1 lime

1½ tsp rice vinegar or white wine vinegar

Pinch of chilli flakes

Small bunch of coriander, chopped

## Method

Preheat the grill to high. Season the chicken with salt and pepper and grill for 4–5 minutes on each side until cooked through then set aside to rest.

Use two forks to shred the chicken breast then combine in a large bowl with the vegetables, lettuce and peanuts.

In a separate bowl, whisk together the peanut butter, soy sauce, sesame oil, lime juice, vinegar and chilli flakes. Pour over the salad, throw in the coriander and toss everything together.

## Alternative ingredients

To make this nut-free, swap the peanut butter and peanuts for the same amount of tahini and seeds such as chia.