

MARINATED CHICKEN, AVOCADO & PEACH SALAD

INGREDIENTS

- 8 x boneless chicken thighs
- 1 x large baby Cos lettuce
- 2x yellow peaches sliced or mangoes sliced
(optional if not in season)
- 1 x punnet cherry tomato (200g)
- 1/2 red onion, thinly sliced

2 x avocados sliced

CHICKEN MARINADE

- 2 tbsp olive oil
- 1 tbsp sesame oil
- 4 x tbsp soy sauce
- 2 x tbsp lime juice
- 5 x tbsp honey
- 6 x cloves garlic
- 2 x tsp salt



METHOD

- In a medium bowl, combine all the ingredients for the chicken marinade. Toss in the chicken thighs and marinate for at least one hour.
- In a heavy based pan, cook the chicken on medium-high heat until there is a nice sear on the surface of the chicken and the inside is no longer pink. Roughly four minutes on each side - set chicken aside.
- Place lettuce leaves, tomatoes, onion, avocados and peach / mango on a tray or in a bowl.
- Place the golden chicken thighs on top of the salad and dress with Long Track Poppyseed Dressing (or similar).

