



Brookdale
HEALTH HYDRO



Thai Chicken Salad Wrap

SERVES 4

500g	free range boneless chicken breasts, cut into strips
2 Tbsp	olive oil
1 tsp	ginger, grated
1	garlic clove, crushed
2	red chillies, deseeded & finely chopped (optional)
	herb salt & ground black pepper

Combine all the above ingredients and allow to marinate for 2 hours before cooking.

1	red pepper, thinly julienned
1	yellow pepper, thinly julienned
1	red onion, thinly sliced
1 cup	cherry tomatoes, halved
1	large carrot, grated
1 Tbsp	sesame seeds, toasted
	head of butter lettuce, break off whole leaves to use as the wrap
	coriander, chopped & lime wedges to garnish

DRESSING

3 Tbsp	coriander, chopped
3 Tbsp	mint, chopped
1 Tbsp	fish sauce
2	limes, juice
2 Tbsp	olive oil
½ tsp	sesame oil
1 tsp	raw honey or organic unrefined brown sugar

Sear the chicken strips in a very hot pan.

Toss peppers, red onion, tomatoes, carrot and sesame seeds together. Add cooked chicken strips. Combine all dressing ingredients and drizzle over salad.

Spoon salad into lettuce leaves to form wrap.

Garnish with lime wedges and sprigs of coriander.



VARIATIONS

Substitute chicken with beef or ostrich fillets.

This recipe is from Brookdale's Heavenly and Healthy Flavours cookbook, which is available for purchase at Brookdale Health Hydro or online at www.brookdale.co.za