

Sesame Butterflied Chicken



Serves 2 **Prep 10 mins**

Cooking 10 mins

Easy

Ingredients

100g fine rice noodles
2x 120g skinless free-range chicken breasts
vegetable oil
4 spring onions
1/2 a Chinese leaf (150g)
200g sugar snap peas
2 limes
1 tbsp low-salt soy sauce
1 tbsp peanut butter
2 tbsp natural yoghurt
2 tsp sesame seeds

1. Put a griddle pan on a high heat. In a bowl, cover the noodles with boiling kettle water to rehydrate them. Use a sharp knife to slice into the chicken breasts, then open each one out flat like a book. Rub with 1 tsp of oil and a small pinch of sea salt and black pepper, then griddle for 8 minutes, or until golden and cooked through, turning halfway.
2. Trim the spring onions and put them through the finest slicer on your food processor, followed by the Chinese cabbage and sugar snap peas. Dress with the juice of 1 lime and the soy sauce. In a small bowl, mix the peanut butter with the yoghurt and the juice of the remaining lime, taste and season if necessary.
3. Remove the chicken to a board and slice, lightly toasting the sesame seeds in the residual heat of the griddle pan and sprinkle them over the chicken before serving.
4. Drain the noodles, divide between your plates with the chicken, slaw and peanut sauce, mix it all up and eat.