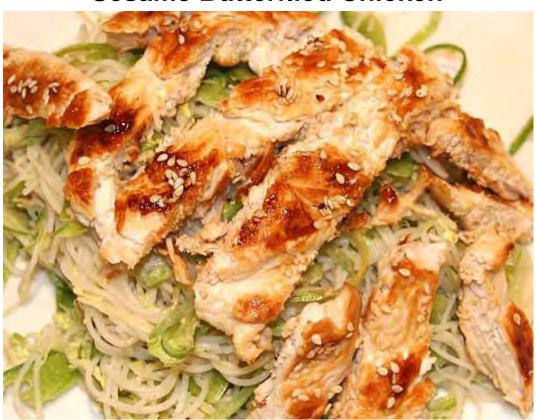
Sesame Butterflied Chicken



Prep 10 mins Serves 2

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.