



SESAME CHICKEN WITH ASIAN CABBAGE SLAW

Recipe by Sally Obermeder & Maha Koraïem
Cooked on Lets Cook that Book by Mimi Baines

Cook Time X minutes | Serves 4

(time depends if you make the optional dressing)

We are sooo excited that our latest book, SUPER GREEN, SIMPLE AND LEAN, is finally here! In it, we share our favourite and all-new recipes designed to help you get lean, gain more energy and feel amazing. All the recipes stay true to our ethos that healthy eating can be fast, easy and best of all, oh so delicious!

Ingredients

CHICKEN

- 1 tablespoon olive oil
- 8 small boneless, skinless thighs, halved and fat trimmed
- Pink salt and freshly ground black pepper
- 2 tablespoons spring onions (scallions), thinly sliced
- 2 tablespoons coriander (cilantro) leaves
- ½ fresh long chilli, seeded and thinly sliced (optional)

MARINADE

- 1 ½ tablespoons sesame oil
- 1 tablespoon rice wine vinegar
- 1 garlic clove, crushed
- 2 tablespoons tahini
- ½ tablespoon rice malt syrup
- 1 ½ tablespoons water
- 1 tablespoon soy sauce

CABBAGE SLAW

- 90g (2 cups) shredded Chinese cabbage (wombok)
- 150g (2 cups) shredded red cabbage
- 2 carrots, grated
- 1 spring onion (scallion), thinly sliced

CABBAGE SLAW DRESSING (OPTIONAL)

- 1 tablespoon grated fresh ginger
- 1 tablespoon sesame seeds
- 60ml (¼ cup) rice vinegar
- 1 ½ tablespoons soy sauce
- 60ml (¼ cup) sesame oil
- 2 tablespoons coriander leaves, chopped
- 1 tablespoon rice malt syrup
- 1 teaspoon peanut butter

Method

Make the cabbage slaw by combining all the ingredients in a large bowl. Whisk the dressing ingredients together. Set aside.

Put all the ingredients for the marinade in a food processor and pulse until smooth.

Heat a large non-stick frying pan with the olive oil over medium-high heat. Add the chicken and season it. Fry for 4 minutes, before adding 2 tablespoons of the marinade and 1 tablespoon of water to the pan. Reduce the heat slightly and turn the chicken over. Leave for another 4 minutes, or until the chicken has cooked through.

Remove the chicken from the heat and leave to rest.

Toss the cabbage slaw with the dressing and divide between four serving bowls.

Top each bowl with the chicken, spring onion and coriander leaves. Finish with the chilli, if using.



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