

# IN THE Kitchen

## Chilli Chicken, Avocado and Mango salad

500g Chicken breasts or thighs,

Salad:

2 avocados sliced, 2 mangoes peeled and sliced (could use papaya), 1 spring onion sliced, mixed salad greens, cherry tomatoes halved,  $\frac{1}{4}$  sliced almonds (toasted)

Dressing:

2 tbsp lime juice, 2 Tbsp sweet chilli sauce, 1 tsp sesame oil, 100ml olive oil, 1 tsp fish sauce, 1 tsp palm sugar (grated), 1 -2 tbsp fresh coriander (roughly chopped)

Rub Chicken thighs with olive oil and season. BBQ or Grill until juices run clear.

(rest in warm place by wrapping in tinfoil, slice after 5 minutes)

Meanwhile assemble salad, make dressing, Toss together and serve.