



Soy Chicken With Asian Salad

Ingredients

- 500 g Chicken Breast, Cut Into Approx 2 Cm Thick Strips
- 1 pkt MAGGI Beef Stroganoff Recipe Base
- 2 Carrots, cut into matchsticks
- 2 Sprigs Spring onions
- 1 Bunch Chopped Coriander
- 1 Bunch Vietnamese Mint Leaves
- 1 Cucumber, sliced
- 1 Red Capsicum
- 50 mg Lime Juice
- 2 tbsps Light Soy Sauce

Instruction

1. Thread chicken evenly onto skewers. Cover with MAGGI Beef Stroganoff Recipe Base and set aside for 5 minutes.
2. Preheat barbecue plate or char-grill on a medium-high heat. Cook skewers in batches for 10 to 12 minutes or until lightly charred on both sides and chicken is cooked through.
3. Meanwhile to make dressing, combine lime juice, soy sauce and sweet chilli sauce into a small bowl and mix.
4. Combine carrot, shallots, coriander, mint, cucumber and red capsicum in a large bowl. Add dressing and toss to combine. Divide evenly among serving plates with chicken skewers and sprinkle with peanuts and shallots to serve. Serve with rice if desired.

Nutrition

Carbohydrates	13.19 g
Energy	240.62 kcal
Fats	4.8 g
Protein	30.96 g

🕒 0 Minutes

⊕ 4 portions