

# MARINATED CORIANDER CITRUS CHICKEN SALAD

## INGREDIENTS

4	Chicken Breasts	100g	Mixed Leaves
3	Clove Garlic Sliced	6	Cherry Tomato (Sliced into 1/2s)
1	Lemon Zest & Juice		Slices of Cucumber
1	Orange Zest & Juice	8	Sliced Red Onions
3 tsp	Ground Coriander	20g	Small handful of Coriander Leaves
3tsp	Ground Cumin	1	Radish
800g	Fresh coriander		Carrot
	Black Pepper		Oil
	Oil		
	Salt & Pepper		

## METHOD

1. Butterfly each breast of Chicken and Score with a knife
2. Place chicken in a bowl, add zest of lemon orange & juice, sliced garlic, ground cumin, ground coriander, fresh coriander & Black Pepper
3. Infuse flavours with your hands, & marinade for an hour, or overnight if you like
4. Place a non-stick pan on the heat, place chicken into pan to give colour, turning both sides until cooked
5. Place all salad ingredients in a bowl with a splash of oil.
6. Cut Cooked chicken into strips and place in salad bowl
7. Mix everything together with your hands and season
8. Place on two plate and enjoy

## VIDEO

Prefer step by step video? No problem, just click below.

