



SESAME CHICKEN AND CELERY SALAD

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 15 mins

Serves: 2

INGREDIENTS

- 2 tbsp sesame seeds
- 2 chicken breasts or thighs
- 1/2 tsp salt
- 1/2 tsp five spice powder
- 1 tbsp coconut amines
- 4 sticks celery
- 1/4 tsp ground ginger
- 1 tbsp sesame oil
- 1 tbsp soy sauce (grain free)
- 1 tbsp coconut oil



METHOD

- Toast sesame seeds either on stove or in oven, on baking paper for 5 mins until brown.
- Put chicken breasts in pan, cover with water.
- Add salt, five spice powder and soy sauce and bring to the boil.
- Reduce heat, and simmer slowly until chicken is cooked, approx 12-15 mins.
- Remove from heat and allow to cool in pan,
- Lift chicken from stock, reserve stock, and slice into 1cm pieces.
- Slice celery diagonally.
- Bring stock back to boil and add celery, boil for 2 mins.
- Place in between paper towel (or clean tea towel) and squeeze liquid out.
- Combine celery, ginger, sesame oil, soy sauce, oil and pepper and mix well.
- Add sliced chicken, and toss lightly.
- Place in serving bowl and sprinkle with toasted sesame seeds.