

CHICKEN & SESAME SALAD

Time: 30 minutes

Serves: 4

Ingredients:

3 tablespoons sesame seeds
½ teaspoon virgin coconut oil
½ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
1 pound boneless skinless chicken breasts
1 tablespoon orange juice
2 teaspoons white wine vinegar
2 teaspoons sesame oil
2 tablespoons extra virgin olive oil
½" cube peeled fresh ginger
½ clove garlic
3 tablespoons water
5 ounces baby spinach
1 red bell pepper - sliced

Preparation:

Preheat a frying pan over medium heat. Place the sesame seeds into the frying pan, stirring often for two minutes or until the seeds just begin to brown. Remove the seeds from the pan immediately and set aside.

Place the coconut oil in the pan. Season both sides of the chicken breasts with ¼ teaspoon of the salt and the pepper. Place the chicken breasts in to the frying pan, cooking for five minutes on each side.

While the chicken is cooking, place the remaining ¼ teaspoon of salt, orange juice, wine vinegar, sesame oil, olive oil, ginger, garlic and two tablespoons of the toasted sesame seeds in a blender.

When the chicken is finished cooking, turn off the burner, remove the chicken from the pan and set aside. Immediately after removing the chicken, add the water to the hot pan, scraping the browned bits off the bottom. When the water stops boiling, pour it into the blender. Blend the dressing until smooth.

Place the spinach and bell pepper into serving bowls. Slice the chicken and place in top of the spinach, drizzle with the dressing and sprinkle with the remaining toasted sesame seeds.

Nutritional Information Per Serving:

Calories: 264
Fat: 15g
Carbs: 5g
Fibre: 2g
Protein: 28g