

# Chinese Peach & Chicken Salad



A fruity oriental twist to chicken salad, perfect for summer evenings



## Ingredients

2 x 1.5kg/3lb 5oz or 3 x cooked chicken , preferably free-range  
4 large ripe peaches , stoned  
200g mangetout , thinly shredded lengthways  
6 spring onions , very finely sliced  
4 tbsp chopped fresh coriander  
zest and juice of 2 limes  
2 tbsp clear honey  
2 tbsp freshly grated root ginger  
2 tbsp soy sauce  
6 tbsp sunflower oil  
1 tbsp toasted sesame oil

## Method

Cut the chicken into chunky strips and place in a mixing bowl. Cut the peaches or fruit of your choice into wedges.

Add chicken, mangetout, spring onions and coriander.

Add the lime zest, juice, honey, ginger and soy sauce into a small bowl and season.

Whisk in sunflower oil, followed by a small bowl.

Toss with salad and serve with couscous.