

CHICKEN STRIP SALAD

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Ingredients:

500g free range chicken fillets

2 cups spelt flour

2 tablespoons dried thyme leaves

2 tablespoons curry powder

2 tablespoons himalayan salt

Butter/coconut oil for frying

Method:

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Slice chicken fillets into thin slices.

Mix everything together in a bowl (except the chicken)

Heat butter/coconut oil in a sauce pan.

Dip the chicken strips in the flour/herb mix. Shake off excess flour.

Fry in the pan until light brown.

Put on a cooling rack to drip and cool.

Salad Ingredients:

200-300g Rice/Maize/Gluten-free Vermicelli Pasta

Lettuce leaves

Peppers

Red Onions

Avocado

Cherry Tomatoes

Organic Apple Cider Vinegar

Himalayan Salt

Olive Oil

Method:

Boil the Rice Vermicelli for 2 minutes. Drain and rinse with cold filtered water.

Wash all the salad ingredients

Slice & decorate the plate with the lettuce leaves.

Put well drained rice pasta on the leaves.

Put all the other salad ingredients on the pasta.

If you would like to season the salad - now is the time: Sprinkle some fine himalayan salt, some olive oil and some apple cider vinegar.

Lastly add the cooled chicken strips on top.