

## GARLIC AND MINT CHICKEN

24

- SOYF, GF, SF, NF, EF

## INGREDIENTS

- 4 small (about 170g each) chicken breast fillets, each cut into 2 thin fillets
- 2 Tbsp. roughly chopped mint leaves
- 2 garlic cloves, crushed
- 1 tsp. dried chilli flakes
- 1 1/2 Tbsp. olive oil
- 1 baby cos, leaves separated, finely shredded
- 1/2 punnet (about 80g) snow pea sprouts, roughly chopped
- 2 spring onions, finely chopped
- 1 Tbsp. white wine vinegar

SERVES 4

## NUTRITION INFO

CALORIES

281

TOTAL FAT

10g

SAT. FAT

2g

SODIUM

100mg

TOTAL CARBS

4.5g

FIBRE

4g

SUGARS

4g

PROTIEN

41g

## METHOD

- 1 Place the chicken, mint, chilli and 1/2 tablespoon of oil in a bowl and toss to coat chicken.
- 2 Place a large non-stick frypan over high heat. When hot, add the chicken in batches.
- 3 Cook for 2 minutes on one side and 1 minute on the other or until cooked through.
- 4 Meanwhile: toss the shredded lettuce, snow pea sprouts, and spring onion in a large bowl with the vinegar, remaining tablespoons of oil.
- 5 Divide the salad and chicken among plates and serve immediately.