

mojito chicken salad



dressing

1 can (312 g) mandarin orange segments in light syrup, undrained

25 g caster sugar

1 lime

2 tablespoons finely chopped fresh mint leaves

A good pinch or two of cayenne pepper, or to taste

3 tablespoons olive oil

chicken & salad

4 skinless, boneless chicken breast fillets (about 150–175 g each)

Sea salt and freshly ground black pepper, to taste (optional)

A little olive oil, for greasing

80 g mixed seasonal baby salad leaves

For dressing, drain syrup from mandarin oranges into **Small Batter Bowl** using 18-cm **Strainer**; stir in sugar (set aside oranges for salad). Microwave, uncovered, on HIGH 5–6 minutes or until syrup is reduced to about 90 ml. Remove from microwave oven using **Oven Mitts** as batter bowl handle will be hot; set aside. Finely zest lime to measure 1 teaspoon zest; juice lime into batter bowl. Add lime zest, mint, cayenne pepper and olive oil; whisk well to mix. Reserve 50 ml of the dressing in **250-ml Prep Bowl** for brushing over chicken. Refrigerate remaining dressing for salad.

For chicken, season chicken with salt and black pepper, if desired. Lightly grease **Executive 28-cm Square Grill Pan** with olive oil; heat Grill Pan over medium/medium-high heat 3–5 minutes or until hot. Add chicken to pan; cook 4–5 minutes or until grill marks appear. Turn chicken over using **Chef's Tongs**; cook an additional 4–5 minutes. Reduce heat a little. Carefully brush or drizzle reserved dressing over chicken; cook an additional 7–10 minutes or until chicken is cooked and no longer pink and juices run clear, turning once. (Discard any remaining dressing used for brushing on chicken.) Transfer chicken from pan to **Large Grooved Cutting Board**; cover with a tent of foil and let stand 5 minutes.

For salad, toss salad leaves with 2 tablespoons of the dressing in **Stainless 4-Litre Mixing Bowl**; divide evenly between serving plates. Cut chicken into thin slices; arrange over salad. Top with reserved mandarin segments. Drizzle with remaining dressing to taste; serve immediately.

Serves 4 as a lunch or supper

chef's corner

The syrup from the mandarin oranges is used in the dressing to sweeten it slightly. Microwave the syrup and sugar mixture until it is reduced to about 90 ml (6 tablespoons). Zest lime using **Microplane® Adjustable Grater**. Juice lime directly into batter bowl using **Citrus Press**.

Mandarin orange segments come in different sizes of cans. For this recipe, the syrup should measure about 125–140 ml and the (drained) oranges should weigh about 190 g.