

CREAMY ORIENTAL SALAD

2 persons / 510 kcal per person

Ingredients

- 150 grams of Thai chicken fillet cubes
- 150 grams of salad mix
- 1 red bell pepper
- 12½ grams of fresh chives
- 2½ tablespoons of mayonnaise
- 1 tablespoon sweet soy sauce
- 1 teaspoon of sesame oil
- 4 pita breads



Preparation:

Heat a wok and fry the chicken over medium heat for 5 minutes. Toss regularly. Heat the pita bread in the toaster. Cut the bell pepper into cubes. Cut the chives into 1 cm pieces. Place the salad mix and bell pepper in a large bowl. Mix the mayonnaise, soy sauce and sesame oil in a small bowl. Mix the dressing with the chives through the vegetables. Spoon in the chicken and serve immediately.

Nutritional value per person:

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| Energy: | 510 kcal |
| Protein: | 28.5 grams |
| Carbohydrates: | 57.6 grams |
| - including sugars: | 8.9 grams |
| Fat: | 16.6 grams |
| Fiber: | 6.7 grams |
| Salt: | 3.8 grams |