

# SESAME AND SOY CHICKEN CABBAGE SALAD

## Serves 4

2 skinless chicken breast fillets (around 400 g)

1 tbsp sake

2 spring onions, finely sliced, plus extra to serve

¼ white cabbage (around 500 g), finely sliced

½ red onion, finely sliced

1 carrot, peeled very finely julienned (I do this on a mandolin)

1 tbsp roasted sesame seeds, plus extra to serve

## Sesame dressing

80 g tahini

3 tbsp white soy sauce

2 tbsp rice vinegar

2 tsp sesame oil

1 clove garlic, finely grated

Salt, to taste

For the chicken, place into a small saucepan and cover with water and the sake and a pinch of salt. Bring to a simmer over a medium-high heat, reduce to low and cook for 3 minutes then turn off and allow the chicken to continue cooking in the poaching liquid for 15 minutes. After 15 minutes, remove from the poaching liquid (keep for later) and set aside. Once cool, slice.

Combine all of the salad ingredients in a large bowl and toss to combine.

Bring the poaching liquid up to the boil and simmer for 2-3 minutes. Whisk all of the dressing ingredients together and thin out with 1-2 tbsp of the reserved poaching liquid. Check for seasoning.

Add the chicken to the salad and pour over the dressing. Toss well to combine and top with extra sesame seeds and spring onions.

Add more spring onions to the broth and serve alongside the salad.