

dairy free • high protein

This salad is fresh, light and full of flavour. The peanuts add a delicious crunch, plus a good dose of anti-inflammatory monounsaturated fatty acids and vitamin E. To make a more substantial meal, add half a cup of steamed wholegrain brown rice or quinoa per person.

Spicy chicken salad with peanuts, cabbage and mint

Preparation time: 20 minutes

Cooking time: 5 minutes

Serves 4

½ small red cabbage (about 800 g/

1 lb 12 oz), trimmed and shredded

200 g (7 oz) cherry tomatoes, halved

½ cup mint leaves

½ cup coriander (cilantro) leaves

50 g (1/3 cup) unsalted roasted peanuts, coarsely chopped

400 g (14 oz) minced (ground) chicken (see tips)

1 lemongrass stem, pale part only, finely chopped

2 red Asian shallots, finely chopped

2 teaspoons macadamia oil

DRESSING

2 tablespoons lime juice

1 tablespoon fish sauce

3 teaspoons brown sugar

1–2 long red chillies, or to taste, seeded and finely chopped (see tips)

1 To make the dressing, combine the lime juice, fish sauce, sugar and chilli in a small bowl, stirring to dissolve the sugar. Set aside.

2 Combine the cabbage, tomatoes, mint, coriander and peanuts in a large bowl. Set aside.

3 Combine the chicken, lemongrass, shallots and oil in a medium bowl. Heat a wok over high heat. Add the chicken mixture and stir-fry, breaking up the minced chicken, for 2–3 minutes or until golden. Add to the vegetables, drizzle with the dressing and gently toss to combine. Serve immediately.

tips You can replace the minced chicken with minced turkey, pork or beef.

If you like things really spicy, replace the long red chillies with 1–2 bird's eye chillies.