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by Liz Robb

Hot Honey Chicken Salad



Ingredients

2 chicken breasts
1 red chilli
Small chunk of fresh ginger
4-5 teaspoons of runny honey
1 bunch of asparagus
100g crisp white cabbage
1 large or 2 small carrots
Half of a red and a yellow pepper
Small bunch of spring onions
1 lime
Walnut oil
Sunflower oil

Preparation

1. 1. Remove the seeds from the chilli and slice very thinly. Peel and grate the ginger. Cut the chicken breasts into thin slices. Put all three into a bowl and drizzle in the honey. Mix them all together and leave to chill in the fridge while you prepare the other ingredients.
2. If you don't have runny honey, you can use thick honey with an added drop of water.
3. 2. Slice the cabbage really finely, discarding any thick stalk, then peel the carrot and chop it into thin matchsticks. Remove the seeds from the peppers and slice them thinly. Chop the spring onions into small pieces and put them into a large bowl with the cabbage, carrot and peppers. Add 2-3 tablespoons of juice from the lime, and a tablespoon of walnut oil, then gently combine them all together using your hands.
4. You can just use one red or yellow pepper if you prefer, but I like the colour they add together.
5. 3. Prepare the asparagus by first snapping off and discarding the woody part of the stems. Chop each piece in half, then steam the spears for 7-8 minutes or until they are tender
6. it depends on the thickness of the stems. Plunge into cold water straight away to preserve the bright green colour, then drain and set to one side.
7. 4. At the same time, heat a tablespoon of sunflower oil in a wok. Add the chicken pieces and the marinade, and cook, stirring frequently, until the chicken pieces are completely cooked and browned on all sides.
8. 5. As soon as everything is ready, arrange the salad into two individual shallow bowls, or in one large bowl to serve from. Put the cabbage mixture in the bottom of the bowl, place the asparagus on next, and finally top with the chicken, honey and chilli.

Cooks Note

This is a lovely salad to have on a hot day, quick to prepare, full of colour on the plate and really tasty. The heat and spice of the chilli and ginger in the sticky chicken coating contrast well with the cool crispness of the salad with the tang of lime, and the tender seasonal asparagus adds even more to the flavour.

The amounts given in the ingredients below will make two generous portions as a main course, but this dish, served in smaller quantities, also makes an appealing and refreshing starter to a meal.