

EDAMAME BROCCOLI SALAD

with Pan-fried Chicken Breast



Asian flavors with a Dubai twist. There is never enough peanut butter in food!

COOKING TIME: 20 MIN

CALS 485 | PROT 55.1G | CARBS 21.3G | FAT 21.6G



TIPS FOR FUSSY EATERS

Keep the salad ingredients separate. Kids typically love edamame.

PRO TIP

Edamame are immature soy beans with plenty of minerals and nutrients and high in protein.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Chicken breast	400g	600g	800g
Broccoli	400g	600g	800g
Edamame beans	200g	300g	400g
Peanut butter	20g	30g	40g
Lime	1	1	2
Soy sauce	4g	6g	8g
Rice vinegar	2g	3g	4g
Honey	6g	9g	12g
Sesame seeds	15g	22g	30g



1 TOAST

Heat a pan with no oil and toast the **sesame seeds** for 3-4 minutes until fragrant and slightly browned. Remove from the pan and set aside.



2 FRY

Heat **oil** in a pan over medium high heat. Fry the **chicken breasts** on both sides (4-5 minutes) until well done. Season generously with **salt** and **pepper**, and allow to rest on a plate for 10 minutes.



3 MAKE THE SAUCE

Combine sauce ingredients: **peanut butter, lime juice, soy sauce, rice wine vinegar, and honey**. Mix well. Set aside.



4 BOIL

Separate **broccoli** to florets. Bring a large kettle of salted **water** to a boil. Reserve a bowl of ice cold **water** on the side. Add **broccoli** florets and the **edamame** to the boiling water. Wait for the **water** to boil again, and then cook the veggies for 1 minute. Transfer to the ice cold water with a slotted spoon.



5 SERVE

Let the veggies cool for 2 minutes, then drain well. Combine the veggies with the dressing, and pour on a serving plate. Cut the **chicken** into thin slices, and divide on top. Sprinkle with toasted **sesame seeds**.

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