

Pan Fried Chicken Breast Salad with Tofu Dressing

♡ Serves: 2

♡ Time: 30 minutes

Methods

1. Brush 1 teaspoon of oil onto a non-stick pan. When the pan is sufficiently heated, sear the chicken breasts.
2. Allow about 3 minutes (until golden brown) before turning to the other side.
3. Once cooked, let rest before slicing.
4. For the dressing, blend 50 g of Japanese silky tofu, 20 g of toasted sesame, and 50 ml of warm water with 4 tablespoons of Annum Materna/Lacta.
5. Drop the leaves into a big salad bowl, place the sliced chicken on top and drizzle the dressing.
6. Mix well and enjoy!

Optional

Sprinkle extra toasted sesame on top of your salad for colour and added flavour!

Tip: After cleaning your salad leaves thoroughly, put them in the fridge for a good 5 minutes and dry them with a salad spinner so they'll be nice and crispy.



Ingredients

150g of chicken breast (remove skin and fat)

1 tsp of oil

1 orange (juiced)



Choose your salad leaves

50g Romaine lettuce

50g Butterhead lettuce

50g Julienned carrots



Salad Dressing

50g of Japanese silky tofu

20g of toasted sesame

50ml of warm water

4 tbsp of Annum Materna

/Lacta

