




JAPANESE INSPIRED WARM CHICKEN SALAD

DAIRY
FREE



 Serves
4-6

 Prep Time 15 minutes (plus 30
minutes refrigeration)

 Cook Time 20-25
minutes

 Easy As



INGREDIENTS

- 400g chicken tenderloins
- ¼ cup **Eta Lite & Free Japanese Style Soy & Citrus Dressing**
- 180g soba noodles
- 1 cup shelled edamame beans, cooked

METHOD

1. Place chicken tenderloins in a bowl and toss in ¼ cup of the **Eta Japanese Soy and Citrus Dressing**. Allow the chicken to marinate in the refrigerator for 30 minutes. Preheat the oven to 200°C (fan assisted). Remove the chicken from the

- 1 large carrot, peeled and cut into matchstick strips
- 1 cup mung bean sprouts
- 1 small red capsicum, deseeded and chopped
- 2 Spring onions, chopped
- Handful of fresh coriander leaves, roughly chopped
- Handful of fresh mint leaves, roughly chopped
- ½ cup **Eta Lite & Free Japanese Style Soy & Citrus Dressing**

marinade and place on a baking tray lined with baking paper. Pour over a little olive oil and season the chicken with freshly ground black pepper. Bake for 20-25 minutes, until the chicken is cooked.

2. While the chicken is cooking prepare the salad. Cook the soba noodles according to packet directions. Drain and rinse in cold water. Drain again. Place in a bowl. Add edamame beans, carrots, bean sprouts, red capsicum, spring onions, coriander and mint leaves. Toss through ½ cup **Eta Lite & Free Japanese Style Soy and Citrus Dressing**. Transfer to a serving dish. Top with the warm slices of cooked chicken.

TIPS

- The chicken can be sliced and tossed through the salad before serving if wished.

SWAP IT OUT

- Replace the chicken with salmon fillets. Reduce the marinating time to 15 minutes. Cook time will be 8-10 minutes, depending on the size of the fillets.
- Replace the soba noodles with vermicelli noodles and cook according to packet instructions.