



Lime and Pepper Chicken

INGREDIENTS

2 (about 200g each) chicken breast fillets, halved lengthways
60ml (1/4 cup) fresh lime juice
1 teaspoon finely grated lime rind
1 long red chilli, seeded, finely chopped
1 tablespoon fish sauce
1/2 teaspoon freshly ground black pepper
1 tablespoon brown sugar
200g green round beans, trimmed, cut into 3cm lengths
2 baby cos lettuces, trimmed, shredded
200g punnet grape tomatoes, halved
110g (2 cups) trimmed bean sprouts
1/2 cup fresh mint leaves
Olive oil spray

METHOD

Place chicken in a glass or ceramic dish. Combine lime juice and rind, chilli, fish sauce, pepper and sugar in a bowl. Add half the mixture to chicken. Turn to coat. Marinate for 10 minutes.

Meanwhile, cook beans in a saucepan of boiling water for 3 minutes or until bright green and tender-crisp. Refresh under cold running water. Drain. Combine beans, lettuce, tomato, bean sprouts and mint in a large bowl.

Heat a non-stick frying pan on high. Spray with oil. Cook chicken for 2-3 minutes each side or until cooked through. Thickly slice.

Drizzle remaining lime juice mixture over salad and toss to combine. Divide salad among plates and top with chicken.

