

## SESAME CHICKEN AND ORANGE SALAD



### **Salad** Serves 4

- 2 bunches broccolini, washed and trimmed
- 2 zucchini, cut into batons
- 2 cups of pre washed baby spinach leaves
- 1/2 cup organic sultanas
- 1/4 cup raisins
- 2 tbs toasted sesame seeds
- 2 poached or pan fried organic or free range chicken breasts shredded

### **Dressing**

- 1/4 cup (60ml) red wine vinegar
- 1/3 cup (80 ml) olive oil
- 1/2 tbs sesame oil
- 1 tbs brown sugar
- 2 tbs orange juice
- Finely grated zest of 1 orange

Prepare the chicken breasts by cooking them your preferred way (ie. poached or pan fried)

For the dressing, place all the ingredients in a jar and shake until the sugar is dissolved

Season to your taste

Bring a large pot of salted water to the boil.

Blanch the broccolini and zucchini for a couple of minutes and then refresh in cold, iced water

Drain and set aside.

Meanwhile slice the baby spinach leaves into thin shreds.

Place shredded spinach leaves in a bowl along with the sultanas, raisins and sesame seeds.

Add the well drained broccolini and zucchini before adding the shredded chicken.

Dress to your taste or let your guests dress the salad themselves by adding it on the side.

Sprinkle with some extra sesame seeds should you like.

<http://wholepromise.blogspot.com.au/2011/04/sesame-chicken-and-orange-salad.html>