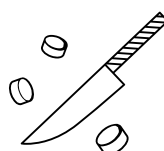


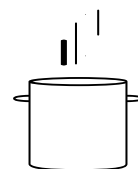


Sticky Korean Salad

A chicken salad with a sweet and spicy kick.



20



10



4

Ingredients

2 tbsp The Groovy Food Company Organic Virgin Coconut Oil

8 boneless chicken thighs, cut into chunks

5 tbsp sriracha sauce

3cm piece ginger, finely grated

1 tbsp The Groovy Food Company Light Amber & Mild Agave Nectar

1 tbsp light soy sauce

squeeze of lime juice

1 tbsp sesame seeds, toasted

coriander leaves, good handful

For the salad:
juice of a lime

1 tbsp The Groovy Food Company Omega Cool Oil

Directions

1. Heat the coconut oil in a wok or a large frying pan over a medium high heat and fry the chicken thighs until just browned on all sides. Add the sriracha sauce, ginger, agave and soy sauce.
2. Cover and simmer for 8 minutes or until the sauce has slightly thickened and the chicken is completely cooked through. Add a squeeze of lime juice.
3. Mix the lime juice with the cool oil and light agave and some salt and pepper. Toss together the salad ingredients with the dressing and divide between plates.
4. Top with the sticky chicken and scatter with sesame seeds and chopped coriander and serve.

1 tsp The Groovy Food Company Light Amber & Mild
Agave Nectar

½ small white cabbage, finely shredded

2 carrots, coarsely grated or julienned

1 cucumber, sliced into strips with a potato peeler

100g mange tout, finely sliced