



MEAL

- Gluten-free
- Dairy-free

Sesame Mango Chicken Salad

IMMUNE SUPPORT AND SKIN HEALTH



Prep time: 25 minutes



Cooking time: 10 minutes



Total time: 35 minutes



Allergens: nuts, sesame

Servings: 2



INGREDIENTS

SESAME DRESSING

- 1 garlic clove
- 2.5 tbsp tahini
- 2 tbsp extra virgin olive oil
- 2 tbsp tamari
- 1.5-inch fresh ginger, peeled, sliced
- 1.5 tbsp apple cider vinegar
- 1 tbsp pure maple syrup
- 1 squeeze of lemon juice
- 1 tsp black sesame seeds
- 3 tbsp water

SALAD

- 1 bunch curly kale, remove stems, roughly chopped
- 1 bunch cavolo nero kale, remove stems, roughly chopped
- 1 mango, peeled, diced
- 1 spring onion, sliced finely
- Handful of cashews
- Lime, to garnish
- Extra virgin olive oil, drizzle

CHICKEN

- 2 chicken fillets (approx. 170g/fillet)
- A drizzle of avocado oil (optional)
- Salt, season lightly
- Pepper, season lightly

TOASTED PUMPKIN SEEDS

- 2 tbsp pumpkin seeds
- Pinch of sea salt

PREPARATION

1. Place all sesame dressing ingredients into a blender and blitz until smooth.
2. Remove from blender and place to one side.
3. Warm a skillet on a high heat and add pumpkin seeds. Add a pinch of sea salt and stir continuously for 1-2 minutes until the seeds are toasted on each side. They will brown slightly and begin to pop.
4. Remove from skillet and place to one side.
5. Wash vegetables thoroughly and once prepared, place into a serving bowl. Drizzle olive oil on the kale and massage with hands to tenderize.
6. Preheat grill. Grill seasoned chicken fillets for 2-3 minutes per side, depending on thickness. Ensure that the chicken is cooked through with no pink areas.
7. Remove chicken from the grill. Let rest for 3 minutes, slice, and add to the salad bowl.
8. Add mango, cashews, green onion, toasted pumpkin seeds and sesame dressing to the salad bowl and mix.
9. Garnish with a squeeze of fresh lime and enjoy!

RECIPE HEALTH BENEFITS

- Sesame/tahini have an extremely high calcium content and are good options for a non-dairy source of calcium. They are rich in phytonutrients and bone supporting nutrients such as phosphorus, zinc and magnesium, a mineral that many need more of since its copper content plays a role in joint and skin health. Sesame also contains fibre which supports digestive health, iron which supports energy levels and tryptophan which helps induce sleep. So go all out on that sesame salad dressing!
- Kale is a nutrient-dense leafy green, full in vitamins K, A, B and C. It also comes in many different varieties. The 2 chosen in this recipe are curly kale, for its bitter peppery flavour, and cavolo nero kale which is slightly lighter in taste and sweeter in flavour.
- Pumpkin seeds are high in zinc which is great for supporting the immune system and helping to fight off viruses and bacteria. They contain vitamin K and manganese which are essential to the wound healing process. Pumpkin seeds act as an antioxidant which helps reduce inflammation in the body, are a great source of fibre, and help regulate blood sugar levels.
- Mangoes are high in fibre which supports healthy digestion, and rich in antioxidants that support overall immune health.

TIPS

- It is important to wash kale thoroughly before consuming. The best way to prepare kale is to rinse well under cold water and discard any discoloured leaves. In this recipe we don't use the stems however, to avoid food wastage you can cut the stems thin and blend them into a sauce such as pesto, stir fry them or even pickle them. The stems contain a large amount of fibre.
- If you prefer a lighter dressing, add 1 tbsp of water at a time and mix to get the consistency that suits you.
- Cashews are a great option for added protein. They are available year-round and can be stored in an airtight container for up to one year in the freezer.
- This recipe is very versatile. If you don't have kale or it's not your favourite salad choice, swap with spinach, rocket (arugula), or any other leafy green. If you are vegetarian or vegan, swap the chicken for grilled tempeh or tofu.
- If you have diabetes, be cautious with the amount of mangoes you consume as they can increase blood sugar levels.
- Where possible, choose good quality, sourced chicken. The flesh should be pink, springy, and firm. This will indicate that it is fresh. If buying pre-packaged chicken, always check the "Best by" date. Avoid any chicken that may have a slight discolouration.

This colourful dish is bursting with flavour and **packed with protein, fibre, and phytonutrients.** This meal can be kept in the fridge in an airtight container and should be consumed within 24 hours. It is best preserved without the dressing to avoid the salad going soggy.



Recipe created by Gill Compton, CNM
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References:

- CNM London Lecture. (2021). Nuts and Seeds. London, United Kingdom
- Mateljan, G. (2007). The World's Healthiest Foods. George Mateljan Foundation. Seattle, Washington. Pages 155, 520,522, 546



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