

Fresh for kids!
Crunchy nashi &
chicken salad



SYDNEY MARKETS

Supplying quality fresh fruit & vegetables

Fresh for kids! Crunchy nashi & chicken salad

Preparation: 10 minutes
Cooking: 5 minutes
Serves: 4–6



1 tbs olive oil	1/4 cup crunchy peanut butter
300g chicken tenderloins	1/3 cup boiling water
2 nashi, quartered and cored	1/4 cup natural yoghurt
1 tbs fresh lemon juice	1 tsp light soy sauce
2 celery stalks, trimmed and sliced	baby Cos lettuce leaves, to serve

1. Heat oil in a frying pan over medium heat. Add chicken and cook for 2–3 minutes on each side or until light golden. Remove and set aside to cool. Cut chicken into thin slices.
2. Roughly chop nashi, place into a medium bowl. Add lemon juice and toss to combine. Add chicken and celery and gently toss to combine.
3. Combine peanut butter, boiling water, yoghurt and soy sauce in a small saucepan. Stir over medium heat until smooth and just heated through.
4. Place chicken mixture and lettuce onto serving plates. Drizzle over peanut dressing and serve.