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Salt Grill P&O

COLD STEAMED CHICKEN AND JAPANESE CUCUMBER SALAD

with Ginger, Coriander & Mint

Serves 4

Ingredients

- 4 x 200g chicken breast

Marinade

- Sesame oil
- Soy sauce
- Fresh ginger
- Eschallot, finely chopped
- 3 Lebanese cucumbers
- ½ bunch mint
- ½ bunch coriander
- Ginger Dressing
- 6tblsp olive oil
- 3tblsp rice wine vinegar
- 1tsp sugar
- 1 knob of ginger, peeled and finely grated
- 1 stick of lemon grass, outer leaves removed, inner ones finely chopped
- Soy sauce to taste
- Sea salt and freshly ground black pepper

Method

- Marinate the chicken breast in the marinade for 30 minutes to one hour.
- Remove from marinade and pat dry.
- Place in a bamboo steamer and gently cook over a medium heat for about 15 minutes or until cooked.
- Rest for 10 minutes and refrigerate until ready to use.

For the dressing

- Mix everything together in a bowl and season to taste.
- Wash the cucumbers and finely slice along their length with a mandolin.
- Place the strips on a plate and spread them out.
- Sprinkle with some ripped-up fresh mint and coriander and drizzle generously with the ginger and rice wine vinegar dressing.
- Reserve some of the dressing for drizzling over the chicken.

To Serve

- Place the salad in the middle of the plate, slice the chicken into 1cm thick pieces and place on top.
- Finish with the remaining dressing over the chicken.

