

## BBQ CHICKEN SALAD & SESAME

### INGREDIENTS

---

20ml wok oil

50g red and yellow pepper, sliced

50g asparagus

50g zucchini, ring cut

120ml **Exotic Thai BBQ Sauce**

10ml **Kadoya Sesame Oil**

200g chicken breast

200g mixed salad leaves

5ml lemon juice

5g sesame seeds

### INSTRUCTIONS

---

Heat non-stick frying pan, add wok oil, grill bell pepper, asparagus and zucchini for about 1 minute, turn once, set aside.

Mix **Exotic Thai BBQ Sauce** and **Kadoya Sesame Oil** in bowl. Reheat pan to medium or high heat, brush chicken with sauce mixture, cook for about 8-9 minutes or until cooked, cut into pieces.

Place grill vegetable, salad leave, chicken, remaining sauce mixture, lemon juice in a bowl and toss to combine.

Transfer onto a plate, season with sesame seed.

Makes 2 Servings

