THERAPY
AND PERFORMANCE CLINIC
RECOVER STRONG, PERFORM STRONGER

TOASTED SESAME AND GINGER CHICKEN SALAD

2 servings 30 minutes

INGREDIENTS

4-5 radishes, thinly sliced
150ml (2/3 cup) rice vinegar
2 teaspoons caster (superfine) sugar
100g (2/3 cup) frozen peas
150g (5½oz) cooked quinoa
¼ cucumber, deseeded and diced
2 spring onions (scallions), finely diced
½ ripe avocado, diced
1 roasted chicken breast, shredded
Handful of baby spinach leaves
Handful of coriander (cilantro), optional

For the roasted chickpeas:
400g (14oz) can of chickpeas, drained, rinsed and dried
1 teaspoon toasted sesame oil
1 tablespoon light soy sauce
1 heaped teaspoon cornflour (cornstarch)
Pinch of salt

For the dressing:
2 teaspoons ginger paste
2 teaspoons tahini
2 teaspoons toasted sesame oil
2 tablespoons light soy sauce
2 tablespoons rice vinegar
1 teaspoon honey

DIRECTIONS

1. Preheat the oven to 230°C/210°C fan (450°F) Gas Mark 8, or set an air fryer to 200°o (400°F).
2. In a bowl, toss together the chickpeas with the toasted sesame oil, light soy sauce, cornflour and a pinch of salt. Spread the chickpeas in a single layer on a baking tray and roast in the oven or air fryer for 15-20 minutes, until crisp and golden. Set aside to cool.
3. Meanwhile, place the radishes in a clean bowl and add the rice vinegar and sugar so the radish slices are completely submerged.
4. Leave to pickle for at least 10 minutes. (Keep the leftover vinegar for future pickling projects!)
5. Prepare the dressing in another bowl by whisking together the ginger paste, tahini, toasted sesame oil, soy sauce, rice vinegar and honey. Taste and adjust to your preference, adding more of any ingredient as needed.
6. Cook the peas in a pan of boiling water for 2-3 minutes, or in the microwave according to packaging instructions, then drain.
7. In a large salad bowl, toss together the roasted chickpeas, the quinoa, cucumber, spring onions, avocado, chicken, peas and drained pickled radishes. Add in the spinach, and the coriander, if using.
8. Serve the salad in bowls with a generous drizzle of the dressing over the top.

Under 500kcal, 56g protein per serving