



Chicken salad

Recipe by: Keletso Motau

Serves: 4

Cooking: 1hr 20min

Difficulty: Easy

Ingredients :

Shanghai marinade:

- 160ml soya sauce
 - 2 tsp five-spice
 - 60ml rice vinegar
 - 80ml tomato sauce
 - 4tbsp Castor sugar
 - 240ml orange juice
 - 2tbsp ginger
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- 1kg deboned Chicken Thigh
 - Salt and pepper
 - Mixed lettuce leaves
 - Carrot
 - Cucumber
 - Yellow pepper, sliced
 - Red pepper, sliced

For the orange-ginger reduction:

- 1litre orange juice, freshly-pressed
- 200ml white wine vinegar
- 200ml white sugar
- 80ml ginger, finely grated

Methods :

Mix all items for marinade in a bowl add your chicken pieces and allow to marinate over night. When preparing chicken, heat up grill until hot. Cook skin side first until golden and slightly charred. Set chicken aside and allow to cool.

Reduce the remainder of the marinade it needs to be a thick marinade consistency. As soon as it boils, reduce heat and let it simmer until $\frac{3}{4}$ reduced and then allow marinade to cool.

Add all to a pot, stir over low heat until sugar is dissolved. Bring to a boil and reduce $\frac{3}{4}$ until a syrup consistency is reached.

Let cool and place in squeeze bottle.

Serve chicken with the mixed salad leaves, cucumber ribbons, peppers and carrot ribbons and the orange ginger reduction on the side