



CORONATION CAULIFLOWER CHICKEN

SERVES 2 AS A MEAL

This unusual salad using raw cauliflower makes a great summer meal and is really very delicious!

INGREDIENTS

handful of cashew nuts, roughly chopped
5 ml oil for frying
2 chicken breast fillets
salt & freshly ground black pepper
½ head of cauliflower, rinsed
60 ml mayonnaise, or to taste
curry powder, ground coriander & ground cumin to taste
5 - 10 ml lemon juice
100 g sugar snap peas
3 spring onions, thinly sliced

METHOD

1. Heat an AMC 24 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area. Briefly toast cashew nuts in pan, then spoon out.
2. Spread oil in pan and brown chicken breasts on both sides. Season to taste with salt and pepper, cover with lid and reduce heat to lowest setting. Cook for 5 - 7 minutes, until chicken is cooked through but still moist. Remove from heat and allow to cool before slicing.
3. Meanwhile slice the head of cauliflower into strips or small florets, whichever you prefer. Place in a bowl and add mayonnaise – just enough to coat the cauliflower. Season with about 2,5 ml each of the spices or to taste. Add the lemon juice and cooled chicken strips and mix through.
4. Place cauliflower and chicken mixture on a small platter and scatter with sugar snap peas, spring onions and toasted cashews. Season to taste and serve.