KIKKOMAN

Spicy poached chicken & cucumber salad

Total time **20 mins** **10 mins** preparation time **5 mins** cooking time **5 mins** marinating time

Nutritional facts (per portion):
1,027 kJ / 247 kcal

Fat: **11.7 g** Protein: **26.5 g**
Carbohydrates: **8 g**

INGREDIENTS

2 portion(s)

Cucumbers:

400 g	cucumber
1 tsp	salt

Chicken:

200 g	chicken breast mini fillets
	Water for poaching

Dressing:

3 tbsp	Kikkoman Sesame Sauce
1 tbsp	Kikkoman Spicy Chili Sauce for Kimchi
1 tsp	Kikkoman Toasted Sesame Oil

To finish:

2 tsp	chilli threads

PREPARATION

Step 1

400 g cucumber - **1 tsp** salt
Wash the cucumber, trim the ends and slice thinly. Toss with the salt and leave for about 5 minutes to draw out the moisture. Squeeze the cucumber firmly to remove excess water.

Step 2

200 g chicken breast mini fillets - Water for poaching
Poach the chicken breast mini fillets in simmering water until fully cooked through, then shred into bite-sized pieces by hand.

Step 3

3 tbsp Kikkoman Sesame Sauce **1 tbsp** Kikkoman Spicy Chili Sauce for Kimchi **1 tsp** Kikkoman Toasted Sesame Oil
Combine the Kikkoman Sesame Dressing, Kikkoman Kimchi Chili Sauce and Kikkoman Sesame Oil in a mixing bowl.

Step 4

2 tsp chilli threads
Add the squeezed cucumbers and shredded chicken to the dressing, mix thoroughly, transfer to a serving plate and top with the chilli threads.