

Peanut Butter Chicken

4 free-range chicken breasts
2 medium carrots, peeled and finely shredded into 5cm strips
3 spring onions, peeled and finely shredded into 5cm strips
½ cucumber, seeded, cut into 5cm lengths and shredded
Rice vinegar (optional)
4 tsp sesame seeds, lightly toasted

For the sauce:

250g smooth peanut butter
5 tsp sweet chilli sauce
5 tbsp sesame oil
6 tbsp vegetable oil

Lightly poach the cooked chicken breast in some chicken stock for 6 or 7 minutes.
Allow them to cool in the stock.

Spoon the peanut butter into a bowl and place it over a saucepan of hot water for 5-10 minutes to soften, stirring occasionally. Remove it from the heat and whisk in the chilli sauce. Then add both of the oils gradually until the sauce can be poured easily . Depending on the type of peanut butter you use, you may need less or more oil. Do not refrigerate the sauce.

Remove the skin from the chicken and cut it into 3cm shreds and out it to one side.

Arrange all the vegetables on a serving dish, dress them with the rice vinegar, if you are using it, pile the chicken on top and pour over the sauce generously. Sprinkle over the toasted sesame seeds.