



Warm grilled Chicken and Mango salad with sesame dressing

Serves 4

3 chicken breasts

1 tablespoon oil

1 fresh mango peeled

200 grams baby spinach

150 grams sugar snap or snow peas

50 grams pine nuts

1 avocado

For the dressing you'll need:

2 tablespoons rice vinegar or lemon juice as a substitute

2 tablespoons soy sauce

1 tablespoon sesame oil

¼ cup of canola or vegetable oil

2 teaspoons sesame seeds

On a barbecue grill, or in a saucepan, heat oil and cook chicken, turning regularly until tender throughout. Let it cool, so it's easy to handle, and slice diagonally in to even pieces.

Blanch the sugar snap peas in boiling water for 3 minutes. Remove from heat and rinse with cold water.

Gently toast the pine nuts over low heat in a saucepan, being careful not to burn them.

Cut the mango and avocado in to strips and set aside. Wash your spinach.

To make the dressing, combine all the ingredients in a jar, and with the lid firmly on, shake vigorously. Combine all components of the salad in a large bowl and marinate with the dressing.

Enjoy with your Deakin Estate Chardonnay and some crusty bread!