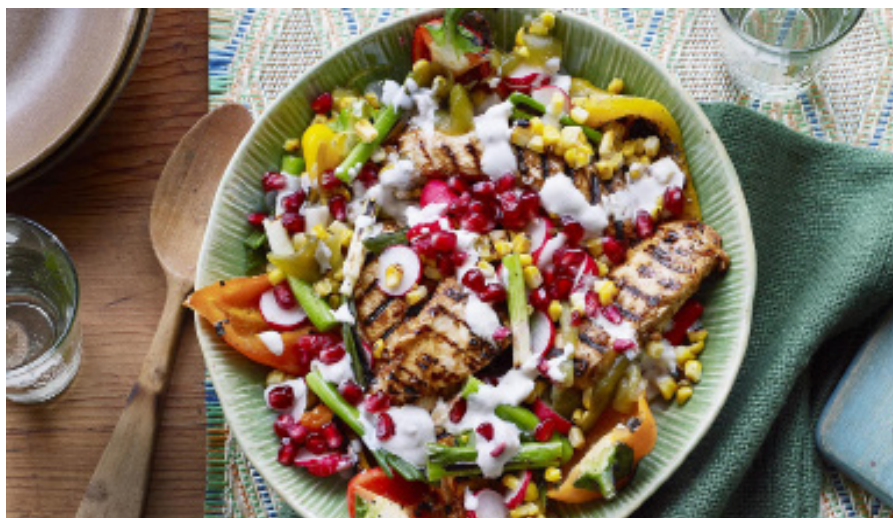


15th October 2021



CHIPOTLE CHICKEN SALAD

PREPARATION TIME:

Less than 30 mins

COOKING TIME:

30 mins to 1 hour

SERVES:

4

INGREDIENTS

- 4 Chicken Breasts, skin removed
- 4 tbsp Chipotle Paste
- 2 Corn on the Cob
- 4 Poblano or Romano Pepper
- Olive Oil
- 8 Spring Onions, trimmed
- 8 Radishes, trimmed and sliced
- 3 Green Tomatoes, roughly chopped
- 2 Limes, finely grated zest and juice
- 175g Natural Yoghurt
- 80g Tahini
- Salt and Pepper
- 30g Pomegranate Seeds

Nadiya's take on the Mexican stuffed pepper dish of nogada packs a flavour punch. Smoky chipotle combines with tangy lime, earthy tahini and sweet pomegranates. This perfect summer barbeque dish.

Equipment : You'll need a grill tray or even better use the BBQ!

METHOD

Preheat a BBQ or griddle pan to hot. Put the chicken in a bowl, add the chipotle paste and swish around until the meat is well covered. Cover and leave to marinate.

Meanwhile, bring a large pan of water to the boil, add the corn on the cob and simmer for 8 minutes. Remove from the water and leave to cool.

Lay the peppers on a plate, drizzle with olive oil and season all over with salt and pepper.

Barbeque or griddle the peppers and sweetcorn, turning regularly to ensure they are charred all over; this could take up to 10 minutes. Remove and set aside. Barbeque or griddle the spring onions for 2-3 minutes, then, remove and set aside. Barbeque or griddle the chicken breast pieces for 3-4 minutes on each side, or until cooked through.

Meanwhile, cut the corn off the cob and place in a bowl. Cut each spring onion into three chunks and add to bowl, with radishes, green tomatoes, salt and pepper, lime and olive oil. Toss everything together and set aside.

Remove the cooked chicken from the barbeque and set aside.

Mix the yoghurt, tahini together with the juice of 1 lime, a pinch of salt and pepper. Top with the rested chicken, and the charred salsa, then drizzle over the tahini sauce and finish with the pomegranate seeds and some lime zest.