



Spice-crusted chicken with Asian slaw



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts boneless skinless
- ☐ 2 tbsp sesame oil
- ☐ 1 tsp chilli flakes
- ☐ 3 tbsp brown sugar soft
- ☐ 3 tbsp soya sauce
- ☐ 1 juice of lemon
- ☐ 0.5 small cabbage shredded white finely
- ☐ 1 onion red sliced

- ☐ 1 chilli red deseeded chopped
- ☐ 1 small handful coriander sprigs

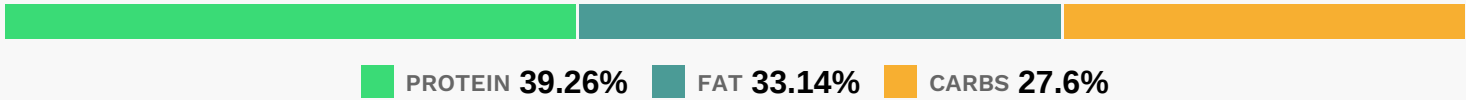
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ rolling pin
- ☐ mortar and pestle

Directions

- ☐ Slice most of the way through each chicken breast lengthways, and open out like a book. Cover with cling film and gently beat with a rolling pin until flattened. Rub 2 tsp sesame oil all over the chicken.
- ☐ Roughly crush the chilli flakes, cumin seeds and peppercorns using a pestle and mortar.
- ☐ Add some salt and sprinkle over both sides of the chicken. Chill until you are ready to cook.
- ☐ In small bowl, mix the remaining sesame oil, sugar, soy sauce and lemon juice.
- ☐ Add the cabbage, onion and chilli to a large bowl, pour over half the dressing and mix well. Save remaining dressing to use as a dipping sauce for the chicken.
- ☐ Heat grill to high.
- ☐ Place the chicken on a baking tray lined with foil, grill for 3-4 mins on each side until cooked through.
- ☐ Serve with the slaw, lemon halves, a scattering of coriander and dipping sauce.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:2.33, Inflammation Score:-7, Nutrition Score:21.748695684516%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 274.1kcal (13.71%), Fat: 10.2g (15.69%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 15.92g (5.79%), Sugar: 13.81g (15.35%), Cholesterol: 72.32mg (24.11%), Sodium: 914.62mg (39.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.38%), Vitamin K: 74.32µg (70.78%), Vitamin C: 55.4mg (67.15%), Vitamin B3: 12.79mg (63.93%), Vitamin B6: 1.09mg (54.65%), Selenium: 36.96µg (52.79%), Phosphorus: 293.81mg (29.38%), Potassium: 709.47mg (20.27%), Vitamin B5: 1.94mg (19.39%), Manganese: 0.3mg (15.15%), Folate: 55.49µg (13.87%), Magnesium: 53.09mg (13.27%), Fiber: 3.2g (12.8%), Vitamin B2: 0.19mg (11.4%), Vitamin B1: 0.16mg (10.61%), Vitamin A: 445.2IU (8.9%), Iron: 1.51mg (8.37%), Zinc: 0.98mg (6.55%), Calcium: 62.19mg (6.22%), Copper: 0.1mg (5.18%), Vitamin E: 0.76mg (5.04%), Vitamin B12: 0.23µg (3.77%)