**Chicken satay salad**

Serves 2

• 1 tbsp tamarind paste

• 1 tsp medium curry powder

• ¼ tsp ground cumin

• 1 garlic clove, finely grated

• 1 tsp clear honey

• 2 skinless chicken breast fillets (or use turkey breast)

• 1 tbsp crunchy peanut butter (choose a sugar-free version with no palm oil, if possible)

• 1 tbsp sweet chilli sauce

• 1 tbsp lime juice

• A little sunflower oil, for wiping the pan

• 2 Little Gem lettuces hearts, cut into wedges

• ¼ cucumber, halved and sliced

• 1 banana shallot, halved and thinly sliced

• Generous handful coriander, chopped

• Seeds from ½ pomegranate

1. Pour the tamarind paste into a large dish and stir in the curry powder, cumin, garlic and honey. Mix well. Slice the chicken breasts in half horizontally to make 4 fillets in total, then add to the marinade and mix well to coat. Set aside in the fridge for at least 1 hr, or overnight, to allow the flavours to penetrate the chicken.
2. Meanwhile, mix the peanut butter with the chilli sauce, lime juice, and 1 tbsp water to make a spoon- able sauce. When ready to cook the chicken, wipe a large non-stick frying pan with a little oil. Add the chicken and cook, covered with a lid, for 5-6 mins on a medium heat, turning the fillets over for the last min, until cooked but still moist. Set aside, covered, to rest for a few mins.
3. While the chicken rests, toss the lettuce wedges with the cucumber, shallot, coriander and pomegranate, and pile onto plates.
4. Spoon over a little sauce. Slice the chicken, pile on top of the salad and spoon over the remaining sauce. Eat while the chicken is still warm.