

**Food & Wine**



## **Roast chicken salad with soy and sesame dressing**

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**Tantalize your taste buds with this mouth watering treat**

### **Ingredients**

1,5kg whole chicken \* 1 lemon, halved \* 2,5cm knob of fresh ginger grated or cut into match sticks \* 1/4 cup of white sesame seeds \* 1 head of cos or butter lettuce or pillow of mixed lettuce leaves \* 1 firm but ripe avocado \* 1 bunch of spring onions chopped \* 1/2 cup of sugar snap beans \* 1 cup of baby tomatoes \* Few sprigs fresh coriander (optional)

### **Dressing**

60ml Zonnebloem Sauvignon Blanc \* 3 Tbs sesame oil \* 3 Tbs soy sauce \* grated rind and juice of half a lemon

### **Method**

Pre-heat the oven to 200°C. Rub the chicken with the cut side up of the lemon halves, squeezing as you do so to release the juices and then insert the lemon halves in the chicken cavity. Sprinkle with salt and pepper. Roast for an hour or until the juices run clear, when pricked, but turn every 20 minutes to ensure the bird is fully browned. Leave to cool.

Toast the sesame seeds in a dry, non-stick pan at a medium heat until fragrant, between 2 to 4 minutes. Finely grate the ginger or cut into match sticks.

When the chicken is cool enough to handle, shred into small pieces and cover in the sesame seeds.

Prepare the dressing by combining the soy sauce, lemon juice, lemon zest and white wine and slowly whisk in the sesame oil.

Plate the lettuce leaves with the halved tomatoes, spring onions, sugar snap beans sliced at an angle, avocado wedges and the ginger sticks. Sprinkle over half the dressing, add the shredded meat, coat in the remainder of the dressing. Top with coriander sprigs if using and serve immediately with a glass of chilled Zonnebloem Sauvignon Blanc.

If you find you need more dressing, just make another batch and keep what you don't need in this recipe for your next salad.