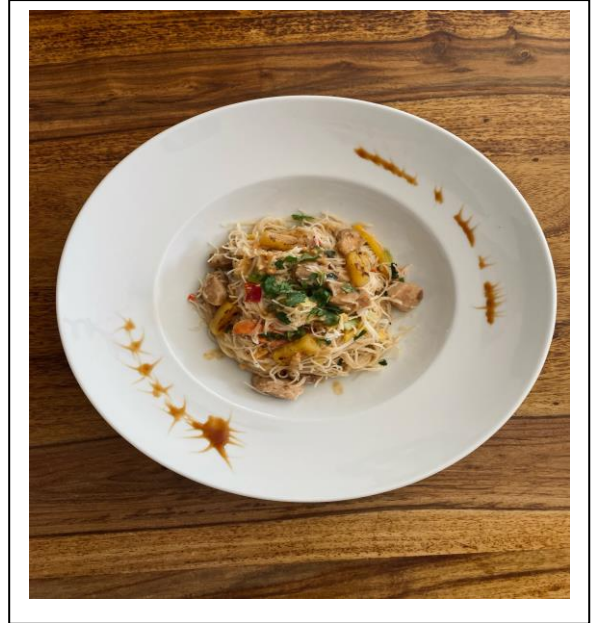


Chicken satay-style noodle salad

A fresh and zingy midweek meal, with a few shortcuts and cheats thrown in to help you out. You've got beautifully juicy chicken, crunchy veg and a sweet and sour hit from the grilled pineapple – seriously good!

Ingredients

- 1 x 220 g tin of pineapple rings in juice
- 200 g vermicelli rice noodles
- 1 x 320 g pack of stir-fry veg
- 1 fresh red chilli
- 2 limes
- 2 tablespoons teriyaki sauce
- 2 tablespoons crunchy peanut butter
- 4 free-range chicken thighs , skin off, bone out
- 1 bunch of fresh coriander , (20g)
- 1 teaspoon sesame oil
- 2 teaspoons sesame seeds



Preparation



Drain 220g of pineapple rings, reserving the juice.



Put 200g of vermicelli rice noodles into a large heatproof bowl.



Tip over 1 x 320g bag of stir-fry veg and cover with boiling kettle water. Leave to sit for 5 minutes, then drain.



Put ½ red chilli (deseed if you like) and the zest from 2 limes onto a platter.



Add 2 tablespoons of teriyaki sauce, 2 tablespoons of crunchy peanut butter and the reserved pineapple juice, then squeeze over the juice from the zested limes.



Place the pineapple rings on the griddle until golden and bar-marked on both sides, then remove to a board.



Mix well to combine (it'll take a little while to come together).



Roughly chop the pineapple rings and slice 1 bunch of fresh coriander.



Slice the chicken 1cm-thick, drizzle with 1 teaspoon of sesame oil and 2 teaspoons of sesame.



griddle for 4 minutes on each side, or until dark, gnarly and cooked through.



Finally mix everything together.

