



# **BUTTERFLY CHICKEN, SLAW, RASPBERRY VINAIGRETTE & FIRE PEPPER SAUCE**



## **Basic Slaw**

½ Green Cabbage  
1 Iceberg lettuce  
2 stalks Silverbeet  
2 Carrots  
3 Spring onions  
Tbs Black sesame seeds

## **Then toast some seeds**

1 c Pumpkin seeds  
1 c Sunflower seeds  
1 Tbs Smoked paprika  
Canola spray to coat

## **Quickly butterfly a chicken breast**

Sear both sides then place in oven

## **Raspberry vinaigrette**

250g thawed raspberries  
1Tbl Apple cider vinegar  
1Tbl lemon juice  
1/3 C date puree  
1 tsp salt  
1 C oil  
Blend all together

## **Fire pepper sauce**

1 small jar of roasted peppers  
Blend with 200 ml oil  
Add Tabasco to suit hotness  
1 or 2 Tbs Tomato puree