FORAGE FOR SUSTAINABILITY

Friday Fridge Forage

Maple Chipotle Chicken Shish with Date & Chilli slaw, Served over Warm Flatbread with Guacamole, Lime & Spiced Chipotle Mayonnaise (Serves 3)



John Cavalli, Development Chef

Prep Time: 20 Minutes **Cook Time:** 15 Minutes

About: Making a super quick street food dish from scratch can be scary but this is a really simple dish with few simple ingredients, Putting together a hot meal that you can wrap up in foil to take with you for a delicious nutritious lunch on the move. Full of colour & flavour.

Ingredients:

- 2 Halal Chicken Breasts
- Chipotle spice (½ Tsp of each ground cumin, smoked paprika, garlic powder, chipotle pepper, oregano & salt).
- 4 Tbsp rapeseed oil
- 50g chopped dates
- 40 ml maple syrup
- 300g coleslaw mix (red cabbage, white cabbage, onion, red cabbage)
- 10g pumpkin seed
- 10g sunflower seed
- 3 LIKA beetroot flatbreads
- 100ml sour cream
- 1 avocado
- 1 lime
- Juice of ½ lemon
- 100 ml spiced chipotle mayonnaise
- 2 spring onions
- ½ chill sliced
- 10g chopped coriander
- Pinch salt & pepper

Directions

- Cut the chicken breasts into 6 pieces & marinade in the chipotle spices, 10ml maple syrup, 2 Tbsp rapeseed oil & salt & pepper.
- 2. Then put onto a skewer & chargrill either side for 6-7 minutes until the core temperature has reached 75 degrees. Leave in a warm place to rest.
- 3. Put the shredded coleslaw mix into a bowl & add 30ml of the maple syrup, chopped dates, pumpkin seeds, sunflower seeds, 2 Tbsp of rapeseed oil, juice of ½ lemon, salt & pepper then mix together until combined, leave for 5 minutes to soften.
- 4. Smash the avocado and mix with juice of ½ lime & salt, mix until smooth.
- 5. Warm up the flatbreads, spoon over the guacamole, maple & chilli slaw, sour cream.
- 6. Place the chicken over the top & garnish with chipotle mayo, coriander, chilli, lime wedge & spring onions.

