



CHICKEN, MELON and COCONUT SALAD

serves 4

This is a refreshing summer's meal.

- Ingredients**
- 1 large chicken breast
 - 1 lime
 - pepper
 - 1 chilli
 - 1 cm (½") ginger
 - oil

 - dressing* 125ml (4 fl oz) whipping cream
 - 1 tbs rum
 - 3 tbs lemon juice

 - ½ fresh coconut
 - ½ ripe melon
 - ½ Cos or iceberg lettuce
 - 2 spring onions

- Method**
- Remove the skin from the chicken and marinate in lime, salt, pepper, freshly grated ginger and chopped chilli. Drain before searing in hot pan with a little oil. Cook, covered for 5 minutes and then leave (uncovered) to cool. Thickly slice
- Mix the dressing ingredients together. Peel slivers from the coconut. Dice the melon.
- Wash and dry lettuce and cut into strips. Place on a platter and cover with chicken, coconut and melon. Spoon over the dressing. Slice spring onions and scatter on top.