



Refreshing, filling, delicious and so healthy- four words I'd use to describe my cucumber mango chicken salad!



Ingredients

For the body

1 mango, cubed

1 cup of sweet dark grapes

1 medium Cucumber. cubed

1/2 a cup of sliced cherry Tomatoes

50g Sweet corn, charred

For the chicken

500g of chicken breasts

1 tablespoon of garlic powder (or 3 cloves of fresh garlic)

1 tablespoon of soy sauce

1/2 teaspoon of cumin

5 tablespoons of balsamic vinegar

3 sprigs of thyme

For the dressing

1 mango cheek

1 teaspoon of minced ginger

1/2 cup of olive oil

1 tablespoon of Honey.

Dash of Pepper.

1/4 cup of lime juice

Dash of Cumin.

Finely chopped dania

Method

Add all the ingredients of the body in a bowl and toss them all up. Proceed to work on the dressing, blend the mango with the lime, honey and ginger. Once combined, place this in a container and add your very very very finely chopped dania together with the olive oil. Give it a good shake and set aside.

Your chicken should have been marinating overnight. Once done, remove from container and proceed to sear until cooked through and juicy.



Dress the salad and then place the chicken over it and serve it up!



SERVE WITH: on it's own

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/mango-cucumber-chicken-salad/>

Video: <https://youtu.be/ye5fW5RqWnY>