

GRILLED CHICKEN SALAD



USED BRESC PRODUCTS



Bresc Garlic puree 1000g



Bresc Lemongrass puree
450g

INGREDIENTS

10



- 1 head iceberg lettuce
- 5 spring chickens
- 50 g Bresc Lemongrass puree
- 50 g Bresc Garlic puree
- 3 lemon
- 10 g black pepper
- fish sauce
- 1 red onion
- 250 g bean sprouts
- 10 dessertspoons sunflower oil
- 3 carrot
- coriander to garnish
- mint to garnish
- chilli sauce

PREPARATION METHOD

Bone the chickens. Mix the oil into the garlic, lemongrass and grated lemon peel. Rub this marinade into the chicken. Preheat the grill or barbecue and grill the chicken. In the meantime, grate the carrot, slice the onion into thin rings and tear the lettuce. Mix the lettuce with a little lime juice, fish sauce, bean sprouts, carrot, onion, mint and coriander and serve it with the grilled chicken and the chilli sauce.