

Dilmah Pure Chamomile, Garlic and Onion Crusted Chicken Breast Salad, Red Rooibos with Moringa, chilli, cocoa and cardamom vinaigrette



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- Sub Category Name
Food
Savory

- Recipe Source Name
Tea Inspired Recipes with Peter Kuruvita

Used Teas



t-Series Pure
Chamomile Flowers



Red Rooibos
Moringa, Chilli,
Cocoa & Cardamom

Ingredients

Dilmah Pure Chamomile, Garlic and Onion Crusted Chicken Breast Salad, Red Rooibos with Moringa, chilli, cocoa and cardamom vinaigrette

- 1x 200g Chicken Breast
- 2 tea bags Dilmah Pure Chamomile Flowers
- 2 tbsp fried garlic
- 1 tbsp onion salt

Salad

- 30g snow peas
- 30g sugar snap peas quickly blanched and refreshed in ice water, cut diagonally into 3
- 1 tbsp soybeans
- 1 tbsp sunflower seeds and pumpkin seeds
- 5 cherry tomatoes quartered
- 20g zucchini ribbons
- 1 tbsp cranberries
- 30 ml balsamic vinegar
- 90ml olive oil

Red Rooibos with Moringa, chilli, cocoa and cardamom vinegar

- Place 2 Red Rooibos with Moringa, chilli, cocoa and cardamom tea bags into a jar with 100ml organic apple cider vinegar or similar and steep for 2 hours, remove the bags and reserve for the dressing.

Methods and Directions

Dilmah Pure Chamomile, Garlic and Onion Crusted Chicken Breast Salad, Red Rooibos with Moringa, chilli, cocoa and cardamom vinaigrette

- In a heavy based frying pan heat some olive oil, blend the Chamomile tea, garlic and onion salt and coat the chicken.
- Add the chicken and cook on both sides till cooked, if necessary place the chick into the oven. Allow to cool.
- Make the salad by placing all the ingredients into a bowl and dressing with the infused vinegar, olive oil and balsamic vinegar.
- Slice the chicken and make your salad.