



POULTRY

# THAI BBQ CHICKEN PUMPKIN SALAD

## INGREDIENTS

- 300g Chicken Tenderloin  
(marinate for 3 hours)
- 200g Japanese Pumpkin  
(sliced in 5mm pieces)
- ¼ head Chinese Cabbage (Shredded)
- 2 x Roasted Capsicum strips
- 150g Mizzuna leaves
- ¼ bunch Coriander leaves
- 100g Bean Sprouts
- 10g Toasted Seeds
- Marinade / Dressing
  - 600ml Peanut Oil
  - 200ml Soy Sauce
  - 50g Lime Juice
- ¼ bunch Coriander  
(roots chopped, leave picked for salad)
- 1 clove Garlic (sliced)
- 2 small Birds Eye Chilli's
- 1 small Knob of Ginger  
(Peeled and chopped)

### Equipment:

- BBQ
- Chopping Board
- Knife
- Bowl for mixing

## METHOD

1. Marinate Chicken Tenderloins for 3 hours in ½ the marinade / dressing.
2. Pre Heat your BBQ till it registers High on the temperature gauge. Turn down to medium for cooking.
3. Season Pumpkin with salt & pepper and grill on each side for 2 minutes or until tender. Set aside.
4. Remove Chicken from marinade and season with salt ad pepper. Grill on both sides for 3 minutes or until cooked.
5. In a bowl combine remaining ingredients and dress.
6. Add chicken & Pumpkin to bowl and toss.
7. Add salad to serving plate and scatter with any remaining coriander.
8. Serve at once and enjoy!



Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 6 Entree

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