



### daily nutrients

Other good sources of beta-carotene include pumpkin, apricots, carrots, spinach and parsley.



### PER SERVE

- 53g protein • 39g fat (22g saturated fat)
- 19g carb • 3.5g dietary fibre • 635 cals (2660kJ)

## BETA-CAROTENE BOOST

# coconut-pouched chicken & mango salad

**Serves 4** Prep 25 mins (+ cooling time & 5 mins standing time)

**Cooking** 20 mins

- 500ml (2 cups) chicken stock
- 4cm-piece fresh ginger, peeled, thinly sliced
- 6 coriander stems
- 310ml (1¼ cups) coconut milk
- 4 (about 800g) chicken breast fillets
- 2 tbs lime juice
- 1 tbs fish sauce
- 1 tbs finely grated palm sugar

2 fresh mangoes, peeled, thinly sliced

1 avocado, peeled, thinly sliced

1 red capsicum, thinly sliced

3 spring onions (shallots), thinly sliced diagonally

1 long fresh red chilli, sliced diagonally

1/2 cup fresh mint leaves

1/2 cup fresh coriander leaves

Roasted cashews, chopped, to serve

Bring stock, ginger, coriander stems and 250ml (1 cup) coconut milk to a simmer in a deep frying

pan on low heat. Add chicken. Cook for 15 minutes or until just cooked. Remove and set aside for 5 minutes. Shred when cool.

Meanwhile, combine lime juice, fish sauce, palm sugar and remaining coconut milk in a bowl.

Combine chicken, dressing, mango, avocado, capsicum, spring onion, chilli, half the mint and coriander leaves in a bowl. Transfer to a platter. Sprinkle cashew and remaining mint and coriander over.



### b+s nutritionist lisa guy says...

This salad contains fresh ginger and coriander, both great remedies for calming unsettled stomachs and relieving flatulence and nausea. Ginger helps ease inflammation and boost immune function, and coriander helps remove heavy metals such as lead and mercury from the body. Coconut milk is a source of caprylic acid, an anti-fungal compound useful for treating and preventing candida. Mangoes are packed with beta-carotene, to help keep gums and eyes healthy.



This recipe is a sneak peek from the January issue of Good Taste magazine, on sale now for \$3.99. Don't miss out on a free lunchbox and snacks when you buy it from Woolworths. Limited time, while stocks last.