



Warm Sesame TOASTED STRIPS

cooking time: 25min

Naturally CHOLESTEROL FREE

serves **2**



Ingredients

- 1 box Fry's Chicken-style Strips
- 1 cup toasted Sesame seeds
- ¼ cup Raw honey (or Agave syrup)
- Grapeseed oil
- As many salad vegetables as you wish to have
- Ripe avo

- Thai dressing:
- 1 tbs Sesame oil
 - ½ cup Lime juice
 - 1 – 2 Red chillies, finely chopped
 - 1 tbs Coriander leaves

Method

Place the honey and 1 tbs boiling water in a shallow small bowl. Place the toasted chicken-style strips in another small bowl. Dip each strip in the honey/water and then into the sesame seeds and coat both sides.

Lay strips on a baking tray and place in the fridge for 15minutes. When ready, warm a little grapeseed oil in a frying pan and toast the strips on. The strips can burn very easily to watch carefully.

To serve:
In an individual bowl, place the salad ingredients. Slice avocado thinly and place on top of the salad ingredients. Top with the warm chicken strips and serve with the well mixed Thai dressing.

Our version of Heaven on a plate

