



Chicken fillet salad

NIBBLEDISH CONTRIBUTOR

Ingredients

- 200 gm chicken breast - 2 cubes 'nam yu' fermented beancurd (red) - 1 tea spoon fine sugar - 1 tea spoon sesame oil - 1 soup spoon corn flour - 1 packet of mixed green lettuces (butter, romaine, lolo rossa, lolo bianda) (optional) - you may deep fried with tempura flour

Instructions

- fillet the chicken breast into finger bite size - marinated chicken fillet with 'nam yu', sugar, sesame oil and corn flour - heat up the pan with oil, fry the chicken fillet (optional: you may dip with tempura flour) - chicken fillet served with lettuces & balsamic dressing & olive oil