

Bang bang chicken cups

Ingredients

- 3 tbsp crunchy peanut butter
- 1 tbsp Thai sweet chilli dipping sauce
- juice ½ lime
- 2 cooked skinless chicken breasts
- 2 Little Gem lettuces, leaves separated
- 4 spring onions, thinly sliced
- cucumber, cut into very fine matchsticks
- 1 medium carrot , peeled and cut into very fine matchsticks

Method

1. Put the peanut butter in a small bowl and stir in 3 tbsp of just-boiled water until smooth. Add the chilli sauce and lime juice, and mix well.
2. Cut the chicken breasts into thin slices and place on a board with the bowl of peanut sauce. Put the lettuce leaves, spring onions, cucumber and carrot in separate piles alongside.
3. Put slices of chicken into the lettuce leaves, then top with the vegetables and peanut sauce.

No-cook chicken couscous

Ingredients

- 100g plain couscous
- 100g frozen peas
- 200ml boiling hot stock, chicken or vegetable
- 200g packet cooked chicken fillets
- 1 large tomato , chopped
- 1 tbsp olive oil
- squeeze of lemon juice, about a teaspoonful

Method

1. Tip the couscous into a heatproof bowl with the peas. Pour over the hot stock, cover with a plate to keep the heat in, and soak for 5 minutes.
2. Tear the chicken into good bite-sized strips, then toss half of it on top of the soaked couscous. Mix in with the chopped tomato, then moisten and flavour with the olive oil and lemon juice. Season to your taste – you probably won't need to add any salt, just some pepper. Divide between two plates and top with the rest of the chicken strips. Drizzle over a little extra olive oil and it's all ready to serve.