



Roast Chicken Salad with Wild Appetite Caribbean Sensation and Pineapple Coleslaw

Why make the same drab mayonnaise-laced cabbage coleslaw when you can make this colourful, flavourful exciting coleslaw using our Caribbean Sensation sauce.



Ingredients

Serves 4

- 1 Red onion, peeled and finely sliced
- 1/2 Red cabbage, finely sliced
- 1/2 White cabbage, finely sliced
- 1 Pineapple, quartered, de-cored and sliced
- 2 Apple, quartered, de-cored and sliced
- 2 Carrot, peeled and grated or finely sliced
- 150ml White wine vinegar
- 50g Brown sugar
- 4 x Chicken breasts
- 300ml [Wild Appetite Caribbean Sensation Sauce](#)
- 150ml Olive oil
- 50g Coriander, roughly chopped
- 25g Chives, roughly chopped
- 40g [Wild Appetite Balsamic Pearls](#)
- Cooking oil, salt and pepper to taste

Method

Preheat oven to 180°C.

Once all of your ingredients are prepared as above, mix everything from the red onion to the carrots. Add the vinegar and sugar to allow the acid and sugar to start to “cook” the ingredients.

Meanwhile, coat your chicken in oil and seasoning. Heat an oven proof pan.

Sear the chicken on both sides until golden brown and put into the oven until fully cooked. (This will depend on your oven and size of the chicken breast but should be approx. 15 minutes)

Whilst your chicken is cooking combine the olive oil and [Wild Appetite Caribbean Sensation Sauce](#) with the vegetables followed by the coriander and chives.

To serve:

Divide the coleslaw cross four plates, slice the chicken breasts and lay on top, garnish the dish with the amazing balsamic pearls.