

Season: January - July

Cool Tassie Carrots

Sesame Chicken with Carrot and Apple Slaw

Serves 4

- 4 Tassie carrots
- 2 tablespoons honey
- 2 teaspoons finely grated lemon zest
- 2 tablespoons sesame seeds
- 1 large organic chicken breast
- 2 Granny Smith apples cut into thin matchsticks
- 2 cups finely sliced red cabbage
- 2 tablespoons chopped parsley
- 2/3 cup thinly sliced Tassie red onion
- 1/4 cup cider vinegar
- 1/2 cup olive oil
- Salt flakes and freshly ground pepper

Preheat oven to 200°C (fan 180°C). Scrape carrots and cut into thin matchsticks. Mix together the honey, lemon zest and sesame seeds. Pour mixture over chicken, toss to coat and set aside for 10 minutes. Roast chicken for 15 minutes or until juices run clear when tested with a skewer. Mix the carrots, apples, cabbage, parsley and onion. Whisk together the vinegar and oil with salt and pepper to taste. Add to salad and toss. Slice chicken and serve with slaw.

