

CRISPY CHICKEN & REMOULADE SALAD

INGREDIENTS

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| 250G CHICKEN BREAST | 1 SHALLOT |
| 30G PANKO BREADCRUMBS | 10G PARSLEY |
| 1 GEM LETTUCE | 1 GARLIC CLOVE |
| 1/2 CUCUMBER | 15ML CIDER VINEGAR |
| 2 TOMATOES | 30ML MAYONNAISE |
| 1 RED PEPPER | |

HOW TO PREPARE.

- DICE THE APPLE WITH THE SKIN ON, FINELY CHOP OR GRATE THE GARLIC, PEEL AND FINELY CHOP THE SHALLOT, CHOP THE PARSLEY FINELY INCLUDING THE STALK, FINELY SLICE THE CUCUMBER AND RED PEPPER AND DICE THE TOMATOES, SHRED THE LITTLE GEM.
- PUT THE CHICKEN BREASTS BETWEEN TWO PIECES OF CLING FILM. BASH THE CHICKEN BREASTS UNTIL THEY ARE EVENLY FLATTENED AND PAT THEM DRY WITH KITCHEN PAPER.
- ADD THE PANKO BREADCRUMBS TO A SHALLOW BOWL WITH THE GARLIC AND A PINCH OF SALT. PRESS THE CHICKEN BREASTS INTO THE BREADCRUMBS AND COAT WELL.
- HEAT A LARGE PAN OVER A MEDIUM HEAT WITH A GENEROUS DRIZZLE OF OIL. ONCE HOT ADD THE GARLIC PANKO CHICKEN AND COOK FOR 4-5 MIN ON EACH SIDE OR UNTIL GOLDEN AND COOKED THROUGH (ADD SOME EXTRA OIL IF THE PAN IS LOOKING DRY)
- MIX THE APPLE, SHALLOT, PARSLEY TOGETHER THAN ADD THE CIDER AND MAYONNAISE AND COMBINE UNTIL WELL COVERED. THIS IS YOUR REMOULADE
- PUT HALF OF THE VEGETABLES ON EACH PLATE, TOP WITH HALF THE REMOULADE, ADD THE CHICKEN.

enjoy

SERVINGS 2

NUTRITIONAL INFO

CALORIES 368 CAL | FAT 12.3G | CARBS 31.6G | PROTEIN 35.3G