

Chicken, Almond & Orange Salad

Serves 6-12

Preparation Time: 10 mins

Cooking Time: None

A stunning starter or meal that takes merely 10 minutes to put together.

Ingredients

- ❖ 100g (3 oz) fresh mixed salad leaves, e.g. baby spinach, watercress and rocket
- ❖ 2 cooked chickens, skinned and filleted, cut into bite-sized pieces
- ❖ 2 oranges, peeled and thinly sliced
- ❖ 30g (1 oz) pumpkin seeds, toasted
- ❖ 100g (3 oz) whole skinned almonds, toasted
- ❖ 120ml (4 oz) olive oil
- ❖ 50ml (2 oz) red wine vinegar
- ❖ 5ml (1 tsp) wholegrain mustard
- ❖ 2.5ml (½ tsp) salt
- ❖ 1ml (¼ tsp) ground black pepper

Directions

1. Place the salad leaves, chicken and the oranges on a serving platter. Sprinkle the pumpkin seeds and almonds over. Cover with cling film and refrigerate until ready to use.
2. Dressing: Blend the rest of the ingredients in the bowl of a food processor (fitted with the metal blade) and refrigerate until ready to use.
3. Spoon the dressing over the salad and serve.

Notes

- ✓ If you prefer balsamic vinegar, use it instead of the red wine vinegar. Since I like extra sweetness I also tend to add a dollop of honey to the dressing.

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