



## Moroccan Chargrilled Chicken

Salad



20-30min



2 Portions

Cumin, turmeric, ginger and cinnamon make up our fragrant Moroccan spice mix and it goes so wonderfully well with chicken. Chickpeas add substance to this salad and are also an excellent source of protein, dietary fibre and nutrients such as potassium and folate.



## What we send

- chickpeas
- baby spinach leaves
- celery, garlic clove, mint, shallot
- Moroccan spice mix
- 2 free-range chicken breast fillets
- slivered almonds <sup>15</sup>
- orange

## What you'll require

- extra virgin olive oil
- salt and pepper
- spray oil

## Utensils

- chargrill or frypan
  - Colander
  - small frypan
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

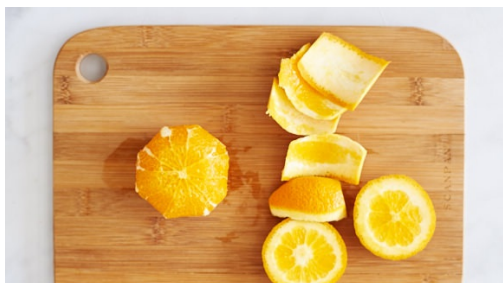
Use any excess orange juice as a drink to stop your dressing from being too runny and sweet.

## Allergens

Tree Nuts (15). May contain traces of other allergens.

## Nutrition per serving

Energy 575.0kcal, Fat 22.9g, Proteins 52.3g, Carbs 32.3g



### 1. Peel orange

Cut off the ends of the **orange** so that it sits flat. Remove the skin, being careful not to cut into the flesh.



### 2. Segment orange

Hold the **orange** over a large bowl. Cut down either side of white membrane then push gently so the segment falls out. Repeat with all the segments. Squeeze the remaining orange membranes to extract the juice (you will need 2 tbs - see cooking tip). Put the orange segments in a separate bowl.



### 3. Make dressing

Very finely chop the **garlic** and add to the bowl with the **juice** and 1 tbs **oil**. Season well with **salt and pepper**.



### 4. Chargrill chicken

Heat a chargrill over medium-high heat. Lightly spray with **oil**. Rub the **chicken** with the **Moroccan spice mix** and season with **salt and pepper** to taste. Add chicken and reduce heat to medium. Cook for 4-5 mins each side or until cooked through. Set aside for 3 mins to rest before thickly slicing.



### 5. Prepare vegetables

Meanwhile, thinly slice the **celery** on the diagonal. Thinly slice half the **shallot** (reserve remaining slice half for another use). Drain and rinse the **chickpeas**. Place the **almonds** in a small frypan over medium heat. Cook, tossing, for 3 mins or until toasted. Pick the **mint** leaves (discard stems) and tear larger leaves.



### 6. Assemble salad

Add the **celery, shallot, chickpeas, baby spinach, chicken, orange segments** and **half of the mint** to the dressing. Gently toss to coat. Sprinkle with **almonds** and remaining mint.