



Chicken Waldorf Salad

with Light Lemon Vinaigrette



20min



2 Portions

We love the classic New York salad, but traditional mayonnaise versions can be rich and heavy. So we've taken the fresh pieces of crisp green apple, crunchy celery and toasted walnuts and tossed it with a light lemon juice dressing. Paired with peppery rocket and lightly pan-fried chicken breast, it's everything wonderful about the Waldorf, but better for you.

What we send

- free-range chicken breast fillet
- rocket leaves
- walnuts ¹⁵
- granny smith apple
- lemon
- celery
- avocado

What you'll require

- mustard ¹⁷
- olive oil
- sea salt and pepper
- sugar

Utensils

- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

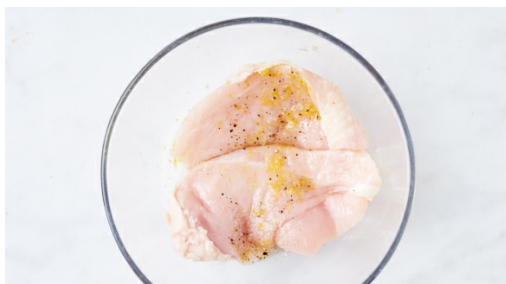
The acid from the squeezed lemon will help prevent the apples going brown. The remaining lemon won't be used in this dish.

Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 545kcal, Fat 37.4g, Carbs 8.1g, Proteins 40.5g



1. Marinate chicken

Finely grate the zest of **half the lemon**, then juice the half. Put the squeezed lemon half in a bowl (see cooking tip). Put the **chicken** on a board. Place your hand on top and carefully slice in half horizontally though the middle. Put the **lemon zest**, chicken, **1 tsp olive oil, salt and pepper** in a separate medium bowl. Mix until well coated then set aside.



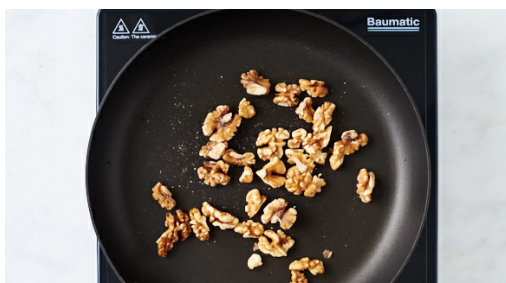
2. Prepare ingredients

Quarter and core **half the apple** (the remaining apple won't be used in this dish), then thinly slice and put in the bowl with the **juiced lemon half**. Cover with water to prevent browning. Trim the **celery** and thinly slice. Thinly slice the **avocado**.



3. Make dressing

Put the **lemon juice, 1 tsp Dijon mustard, ½ tsp sugar** and **3 tsp olive oil** in a large bowl and whisk to combine. Season with **salt and pepper**.



4. Toast walnuts

Put the **walnuts** in a cold medium frypan over medium heat. Toast, tossing the pan regularly, for 4-5 mins until golden. Remove from the pan and set aside.



5. Cook chicken

Heat the reserved frypan over high heat. Cook the **chicken** for 4-5 mins each side until golden and cooked through. Remove from the pan and set aside to rest for 5 mins.



6. Get ready to serve

Drain the **apple**, then add the apple, **celery, avocado, walnuts** and **rocket** to the bowl with the dressing and toss to coat. Thinly slice the **chicken**. Divide the **salad** among plates and top with the **chicken**. Drizzle any **chicken pan juices** to serve.