



**FAST**

**HEALTHY**

## Chicken Waldorf Salad

with Light Lemon Vinaigrette

 20min  4 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

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

## What you'll require

- mustard <sup>17</sup>
- olive oil
- sea salt and pepper
- sugar

## Utensils

- large frypan

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

## Cooking tip

The acid from the squeezed out lemon halves helps prevent the sliced apple going brown.

## Allergens

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

## Nutrition per serving

Energy 570kcal, Fat 37.4g, Carbs 13.3g, Proteins 40.6g



### 1. Marinate chicken

Finely grate the **lemon zest**, then juice. Put the squeezed lemon halves in a bowl (see cooking tip). Put the **chicken** on a board. Place your hand on top and carefully slice in half horizontally through the middle. Put the **lemon zest**, chicken, **2 tsp olive oil, salt and pepper** in a separate large bowl. Mix until well coated then set aside.



### 2. Prepare ingredients

Quarter and core the **apple**, then thinly slice and put in the bowl with the **juiced lemon halves**. Cover with water to prevent browning. Trim the **celery** and thinly slice. Thinly slice the **avocados**.



### 3. Make dressing

Put the **lemon juice, 2 tsp Dijon mustard, 1 tsp sugar** and **1½ tbs 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 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 over any chicken pan juices to serve.