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Poached Chicken Salad

with Brown Rice and Goat's Curd



20-30min



4 Portions

For a light yet filling summer meal, look no further than this wholesome salad. While the nutty brown rice and poached chicken cook, simply slice some crisp radishes, then combine creamy goat's curd with a few pantry staples for a tempting dressing. Bright green peas and spinach bring it all together.

What we send

- radish
- goats curd ⁷
- free-range chicken tenderloins
- brown rice
- baby spinach leaves
- green peas

What you'll require

- extra virgin olive oil
- Australian honey
- sea salt and pepper
- vinegar

Utensils

- medium saucepan
- sieve
- small saucepan

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

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 675kcal, Fat 21.9g, Carbs 63.1g, Proteins 51.6g



1. Cook rice

Rinse the **rice** until the water runs clear. Put the rice in medium saucepan and cover with plenty of cold water. Bring to the boil, then reduce heat to medium-low and cook for 25 mins or until the rice is tender. Drain and rinse under cold running water.



2. Poach chicken

Meanwhile, put the **chicken** in a medium saucepan and pour over enough water to cover by 2cm. Add a pinch of **salt** and bring to the boil. Reduce heat to medium and simmer for 5 mins or until the chicken is cooked through. Transfer to a plate and set aside to cool.



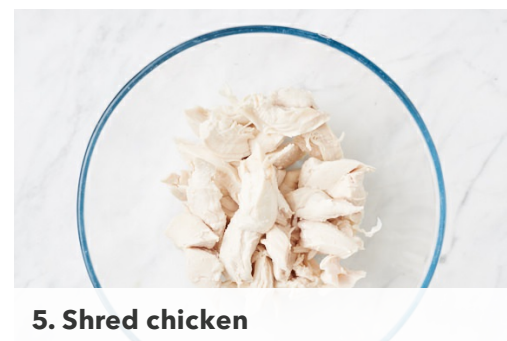
3. Prepare radishes

While the chicken is poaching, trim and thinly slice the **radishes**.



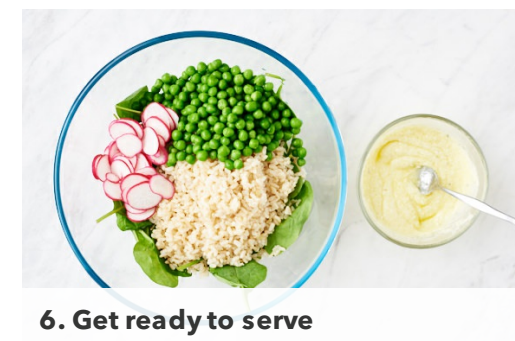
4. Make dressing

Put the **goat's curd**, **1 tbs white wine vinegar** and **2 tsp honey** in a small bowl and mash with a fork until smooth. Add **80ml (1/3 cup) extra virgin olive oil** and stir until well combined. Season with **salt and pepper**.



5. Shred chicken

Shred the cooled **chicken** into large pieces.



6. Get ready to serve

Combine the **rice**, **radish**, **peas**, **spinach** and **half the dressing** in a large bowl, then divide among bowls. Scatter over the **chicken** and drizzle over the **remaining dressing** to serve.