



HEALTHY

Summer Chicken Salad

with Yoghurt, Lemon and Zucchini



20-30min



2 Portions

Poaching is a deliciously light way to cook chicken - if you've never done it before, this dish will have you converted. Completely fat-free, it not only preserves the juicy delicacy of the breast, it's easy to do, too. Here it teams with zucchini, lemon and summery greens, and is topped with tangy yoghurt dressing. This recipe is also suited to cooking in the Kenwood Multi Smart thermo cooker,...

What we send

- parmesan ⁷
- free-range chicken tenderloins
- Greek-style yoghurt ⁷
- lemon
- mixed salad leaves
- zucchini
- broccoli
- anchovy fillet ⁴

What you'll require

- extra virgin olive oil
- sea salt and pepper
- water

Utensils

- fine grater
- medium saucepan

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

Cooking tip

For silken poached chicken that's tender make sure the water doesn't boil and ensure you stick to our cooking times. ~If not everyone is a fan of anchovies, coarsely chop and serve separately

Allergens

Fish (4), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 480kcal, Fat 22.7g, Carbs 7.8g, Proteins 54.6g



1. Prepare ingredients

Using a vegetable peeler, cut the **zucchini** into ribbons. Stack the ribbons and thinly slice lengthwise into noodles. Finely grate the zest of **half the lemon**, then cut half the lemon into slices and juice the remaining half. Trim and peel the **broccoli** stem, then thinly slice. Cut the broccoli head into small florets.



4. Make two dressings

Finely chop the **anchovies** (see cooking tip). Combine the **yoghurt** and **1 tbs water** in a small bowl. Add the anchovies, season with **pepper** and stir to combine. In a separate small bowl, whisk **1 tbs lemon juice** and **1 tbs extra virgin olive oil** and season with **salt and pepper**.



2. Poach chicken

Put the **chicken** and **lemon slices** in a medium saucepan, cover with cold water, 2cm over the chicken. Bring to a fast simmer, then reduce the heat to a gently simmer (do not boil, see cooking tip) and cook, covered, for 6 mins, turning the chicken once. Remove from the heat and stand, covered, for 10 mins to finish cooking the chicken. Transfer to a board.



5. Slice chicken

Thinly slice the **chicken**. Put in a bowl with the **lemon zest** and **half the lemon vinaigrette** and gently stir to combine.



3. Cook vegetables

Meanwhile, bring a medium saucepan of lightly salted water to the boil. Cook the **broccoli** for 2 mins. Add the **zucchini** and cook for 10 secs, then drain. Rinse under cold water, then drain well. Shave the **parmesan** using the vegetable peeler.



6. Get ready to serve

Put the **salad leaves** in a large bowl, add the **remaining lemon vinaigrette** and toss to combine. Divide the **salad leaves**, **vegetables** and **chicken** among bowls. Scatter over the **parmesan** and drizzle with the **yoghurt dressing** to serve.