

MARLEY SPOON



Avocado and Chicken Salad

with Zataar and Sunflower Seeds



20-30min



2 Portions

If you've never poached chicken before, relax. It's so easy. The trick is in very gently simmering, so the breast remains moist and tender. Its gentle flavour and juicy texture work brilliantly in this salad, along with corn, avocado, sunflower seeds and a touch of zaatar spice mix.

What we send

• 11

What you'll require

- extra virgin olive oil
- Australian honey

Utensils

- fine grater
- medium saucepan
- medium saucepan with lid
- small frypan

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

Cooking tip

It's important that the water doesn't boil while cooking the chicken or it may become tough. Remove the chicken from the water once cooked or it may become dry.

Allergens

Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 675kcal, Fat 45.7g, Carbs 17.0g, Proteins 45.4g



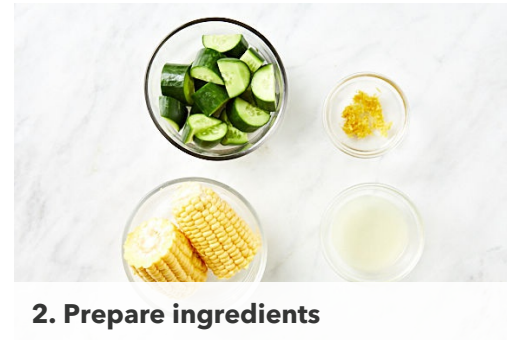
1. Poach chicken

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



4. Make dressing

Put the **lemon zest, lemon juice, 1½ tbs extra virgin olive oil** and **½ tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine. Stir in the **sunflower seed mixture**.



2. Prepare ingredients

Meanwhile, bring a medium saucepan of water to the boil for the corn. Remove husk and silks from the **corn** and cut in half. Halve the **cucumber** lengthwise, then cut into 2cm chunks. Finely grate the zest of **half the lemon**, then juice the half (the remaining half won't be used in this dish).



5. Prepare avocado

Cut the **avocado** flesh into 2cm chunks. Coarsely chop the **mint** leaves, discarding the stems.



3. Toast sunflower seeds

Cook the **corn** in the pan of boiling water for 5 mins or until tender. Drain, cool slightly, then slice the corn kernels from the cobs. Meanwhile, put the **sunflower seeds** in a cold small frypan over medium heat. Toast, tossing regularly, for 2 mins. Add the **zaatar** and cook for 1-2 mins until fragrant and golden.



6. Get ready to serve

Halve the **chicken** horizontally and thinly slice. Add the **chicken, cucumber, corn, avocado** and **mint** to the **dressing**, season with **salt and pepper** and gently toss to coat. Divide the **salad** among plates to serve.