



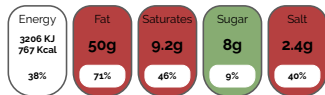
Chicken, manchego &
chicory salad

WAYS TO BE WELL

Chicken, manchego & chicory salad

Serves 4

Per Average Serving



Adults need around 8400kJ/2000Kcal a day
Typical values per 100g: Energy 740kJ/177Kcal

INGREDIENTS:

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|---|--|--------------------------------|
| 1 small pinch saffron strands | 4 cloves garlic, peeled, chopped | 40g Manchego cheese, grated |
| 3 tbsp aioli | 2 sprig thyme, leaves roughly chopped | 1 large handful rocket, washed |
| 2 tbsp red wine vinegar | 3 tsp rapeseed oil | |
| 1 tbsp caster sugar | 1 small chicken | |
| 1 small red onion, peeled, finely diced | 2 chicory, washed, halved (retain stalk) | |
| 2 sprigs rosemary, leaves roughly chopped | ½ lemon, juiced | |
| 25g flat leaf parsley, leaves roughly chopped | 4 slices sourdough | |

METHOD:

1. Preheat the oven to 150°C.
2. Add the saffron to 1 tbsp warm water and let it sit for 10 mins to infuse. Then strain the water from the saffron and whisk the liquor into the aioli. Set aside.
3. Bring the vinegar to the boil in a small saucepan and add the sugar, stir and once dissolved, pour into a bowl. Add the onion and cover. Leave to sit for 1 hour.
4. In a pestle and mortar or food processor, place the rosemary, parsley, garlic and thyme and 2 tsp of oil and bash/blend to a paste.
5. Rub the chicken with the paste and roast in the oven for 80 mins.
6. Once the chicken is cooked allow to rest for 30 mins. Then pull the meat off the bone. Roughly shred the meat with two forks.
7. Toss the chicory in 1 tsp oil. Place the chicory in a frying pan on a medium to high heat and caramelise on all sides. Once, you have achieved good colour, squeeze the lemon juice on the chicory.
8. Place an even spreading of Manchego on each slice of bread and place under a hot grill to melt the cheese.
9. Add the pulled chicken to the aioli mix and gently combine.
10. To construct the salad; lay once piece of chicory on the base of a bowl. Top with a quarter of the rocket and quarter of the pickled onions. Place a portion of chicken on top and finally top with the cheesy crouton.