



CHICKEN SALAD WITH BROCCOLI AND JOYA® APPLE

Serves: 4 - 6



INGREDIENTS:

Chicken

- 15 ml (1 tbsp) avocado or olive oil
- 2-3 chicken breasts on the bone, skin removed
- 80 ml (½ cup) strong Rooibos tea
- 1 bay leaf

Salad

- 7,5 ml (½ tbsp) mild mustard
- 45 ml (3 tbsp) lemon juice
- 5 ml (1 tsp) honey
- 45 ml (3 tbsp) avocado or olive oil
- 2,5 ml (½ tsp) dried organum
- black pepper to taste
- 100 g broccoli, cut into florets or thin green beans, halved
- 250 ml (1 cup) frozen peas, rinsed
- ¼ cucumber, halved and sliced
- large handful mixed lettuce leaves
- 2 JOYA® apples with the skin, quartered and sliced
- 1 x 200 g tub guacamole
- 15 ml (1 tbsp) avocado or olive oil
- 2-3 chicken breasts on the bone, skin removed
- 80 ml (½ cup) strong Rooibos tea
- 1 bay leaf

**FIRM
SWEET
CRUNCHY
APPLE**

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METHOD:

1. **Chicken:** Heat the oil in a large frying pan over a medium heat and fry chicken on both sides until golden brown.
2. Reduce heat, add tea and bay leaf. Cover with a lid and simmer for 20-25 minutes or until just cooked. Spoon out and allow to cool. (Freeze the pan juices and use as a stock for another meal.) Remove the bones from the chicken and shred the meat. Alternatively, use leftover chicken for this salad.
3. **Salad:** Mix mustard, lemon juice, honey, oil and organum and season with pepper. Pour some of this mixture over the chicken to marinade the cooked meat.
4. Pour boiling water over the broccoli or green beans and peas. Allow to stand for 7-10 minutes or until cooked. Drain and repeat with the broccoli or green beans, if necessary. Rinse well to cool.
5. Pack the cooked veggies and chicken with cucumber and lettuce in a lunch box or arrange on a salad platter. Serve with the remaining dressing and spoonful's of guacamole for a more filling meal. If you are packing the salad into a lunch box, keep the salad dressing and guacamole separate until you are ready to eat.

This recipe was adapted from the Cooking from the heart recipe book series, developed by Pharma Dynamics