Dinner

Poached Chicken Salad with Orange and Dates

Tender poached chicken is shredded and served over peppery rocket with sweet orange segments, fresh dates and pomegranate seeds, all brought together with a citrus thyme dressing and crunchy almonds.



Gluten free | Dairy free

50 min	542	70.7 g	52.7 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 300 g chicken breast fillets, trimmed
- [ ] 3 cups (750ml) water
- [ ] 1 large orange (300g)
- [ ] 1½ tablespoons lemon juice
- [ ] 3 teaspoons fresh lemon thyme
- [ ] 2 teaspoons extra virgin olive oil
- [ ] ½ medium pomegranate (160g)
- [ ] 70 g baby rocket leaves (aragula)
- [ ] 4 fresh dates (80g), seeded, quartered lengthways
- [ ] 12 dry roasted natural almonds (15g), chopped coarsely

Nutrition Facts

Per serving

Calories	542
Total fat	14.4 g
Saturated fat	Not listed
Sodium	111 mg
Total carbs	70.7 g
Fiber	12.2 g
Total sugars	52.7 g
Protein	38.2 g

Method

- [ ] 1 Put the chicken breast fillets and water in a small saucepan over high heat and bring to the boil.
- [ ] 2 Lower the heat and simmer gently, uncovered, for 10 minutes, then take the pan off the heat and leave to cool for 20 minutes.
- [ ] 3 Meanwhile, run a zester down half the orange to lift off the rind in long thin strips, then peel the orange and cut it into segments, reserving 1 1/2 tablespoons of the juice.
- [ ] 4 Stir the reserved orange juice together with the lemon juice, orange rind, fresh lemon thyme and extra virgin olive oil in a small jug, then season with pepper.
- [ ] 5 Tap the seeds out of the pomegranate and set them aside.
- [ ] 6 Lift the chicken out of the poaching liquid and shred it coarsely.
- [ ] 7 Spread the baby rocket leaves over a large serving plate and drizzle a little of the dressing on top.
- [ ] 8 Pile the shredded chicken, orange segments, fresh dates, pomegranate seeds and chopped dry roasted natural almonds over the leaves, then finish with the remaining dressing.

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