



REDUCED CARBOHYDRATE MEAL

Kale, apple and fennel salad

INGREDIENTS (1 serving)

- 235g (8.2oz) skinless chicken breast fillet
- 20ml (0.6 fl. oz) olive oil
- 90g (3.1oz) kale, finely shredded
- 45g (1.6oz) apple, diced
- 45g (1.6oz) red onion, diced
- 45g (1.6oz) fennel, shaved with a peeler
- 1 tsp Dijon mustard – optional
- 1 lemon, juice
- 100g (3.4oz) goats cheese or feta
- 25g (0.9oz) sunflower seeds

A quick and easy salad that's full of goodness. Some of the ingredients may seem a little fancy – but this is one killer salad. It will also go well in a lunch box for work. Raw kale has been used here – but feel free to blanch it in boiling water for 1-2 minutes.

METHOD

Place your chicken between two pieces of cling film or baking parchment on a chopping board. Using a rolling pin, meat mallet or any other blunt instrument, bash the chicken until it's about 1cm thick all over.

Heat a little of the oil in a wok or large frying pan over a medium to high heat. Lay in the chicken and fry for 3-4 minutes on both sides or until the chicken is cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

While the chicken is cooking, toss the kale, apple, onion and fennel together in a large bowl. Make a tasty dressing with the rest of the oil, mustard and lemon juice. Mix the dressing through your salad, crumble the cheese into the mix.

Pile the salad onto the plate with the chicken breast, sprinkle over the sunflower seeds and get stuck in.