



Product Spotlight: Chickpeas

As a legume, chickpeas are considered both a vegetable and protein food, helping you hit two important food groups at once!



Poached Chicken Caesar Salad

A wholesome version of the classic Caesar salad. This version includes poached chicken, shredded and tossed through dressing, fresh vegetables and crispy chickpeas.



30 minutes



2 servings



Chicken

6 January 2023

Spice it up!

To make this salad more traditional, you can use toasted bread or croutons for crunch and shave over parmesan cheese.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 59g | 31g | 40g |

FROM YOUR BOX

| | |
|-----------------------|--------------|
| CHICKEN BREAST FILLET | 300g |
| TINNED CHICKPEAS | 400g |
| BABY COS LETTUCE | 1 |
| SUGAR SNAP PEAS | 1 bag (150g) |
| GREEN CAPSICUM | 1 |
| AVOCADO | 1 |
| AIOLI | 50g |

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, smoked paprika, dried dill

KEY UTENSILS

2 frypans

NOTES

Take the chicken outside and cook it on the BBQ if preferred.

If you don't have dried dill you could use dried mint, dried parsley or dried oregano. You could also use any fresh version of these herbs.

The remaining poaching liquid can be saved and used to replace stock in risotto, soup or pasta sauce.



1. POACH THE CHICKEN

Place chicken (see notes) in a frypan with **2 tsp Italian herbs, salt and pepper**. Cover with water and place lid on pan. Place pan over medium-high heat and bring to a simmer. Simmer for 15-20 minutes until chicken is cooked through (see step 5).



4. MAKE THE DRESSING

Add aioli to a bowl along with **1 tsp dried dill, 1 1/2 tbsp water, salt and pepper** (see notes). Mix until well combined.



2. CRISP THE CHICKPEAS

Heat a second frypan over medium-high heat with **oil**. Drain chickpeas and pat dry. Add to pan along with **1 tsp smoked paprika, salt and pepper**. Cook, stirring occasionally, for 4-5 minutes until chickpeas are crispy. Remove to a plate lined with paper towel.



5. SHRED THE CHICKEN

Reserve 2 tbsp poaching liquid (see notes). Add to a bowl with chicken and 2 tbsp prepared dressing. Use 2 forks to shred chicken and mix well. Season with **salt and pepper**.



3. PREPARE THE VEGETABLES

Chop lettuce. Trim and slice sugar snap peas. Thinly slice capsicum and avocado.



6. FINISH AND SERVE

Divide prepared vegetables among shallow bowls. Top with shredded chicken, crispy chickpeas and serve with remaining dressing.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

