



### Product Spotlight: Chickpeas

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



## F4 Poached Chicken Caesar Salad

A wholesome version of the classic Caesar salad. This version includes poached chicken, shredded and tossed through a home-made yoghurt based dressing, fresh vegetables and crispy chickpeas.

 30 minutes

 4 servings

 Chicken

25 February 2022

### Spice it up!

*If you want to make this salad more traditional, you can replace the yoghurt with mayonnaise in the dressing, use some toasted bread or croutons for crunch, and shave over parmesan cheese.*

Per serve: **PROTEIN** 42g **TOTAL FAT** 14g **CARBOHYDRATES** 22g

## FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
TINNED CHICKPEAS	400g
BABY COS LETTUCE	2-pack
SUGAR SNAP PEAS	1 bag (250g)
GREEN CAPSICUM	1
AVOCADO	1
NATURAL YOGHURT	1 tub

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, smoked paprika, 1 garlic clove, dried dill, vinegar (of choice)

## KEY UTENSILS

2 frypans

## NOTES

Some options of vinegar to use include apple cider vinegar, white wine vinegar and white vinegar.

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 in a frypan with **1 tbsp 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 yoghurt to a bowl along with **crushed garlic clove, 2 tsp dried dill, 2 tsp vinegar, salt and pepper**. 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 VEGETABLES

Chop lettuce. Trim and slice 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.

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