

Moroccan Chicken Salad

Ingredients

2 chicken breasts, skinned and boned
150g (5oz) chilled, shredded cos lettuce
150g (5oz) chilled, shredded radicchio lettuce (any lettuce will do)
1-2 tbsp lemon cumin dressing (see recipe)
½ large avocado, peeled and thinly sliced
1 tbsp chopped coriander leaves



Orange and coriander marinade

2 tbsp olive oil
½ tsp lemon juice
½ tsp orange juice
2 garlic cloves, chopped
½ tsp ground coriander
½ tsp ground cumin
¼ tsp cinnamon
¼ tsp chopped oregano leaves
¼ tsp salt

Directions

Place the chicken breasts in a glass dish.

Make the marinade, mixing all the ingredients together in a small bowl. Reserve 2 tbsps for basting and pour the rest over the chicken, turning it so that it is coated thoroughly, then cover and refrigerate for 20 minutes. Remove the chicken from the marinade and place it on a foil-covered baking tray. Put the tray on a rack and place it about 15cm (6in) below a preheated grill. Cook the chicken turning it and brushing it with the reserved marinade, for about 10 minutes or until a fork will easily go into the chicken and the juices run clear.

Put the shredded cos and red-leaf lettuces into a large bowl. Toss with 1-2 tbsp of the dressing then arrange on a large platter. Cut the chicken breasts into 1cm (½in) slices and set them on the lettuce. Garnish with the avocado slices.

Pour the remaining dressing over the chicken and sprinkle with the chopped coriander leaves.

NUTRITION Each Serving = Carbohydrate: 4.2g Fat: 28g Protein: 31g

Lemon Cumin Dressing

Makes: 75ml (2½fl oz)

Carbohydrate: 0.8g Fat: 0.2g Protein: Trace

Ingredients

2 tbsp lemon juice
½ tsp soy sauce
1 tsp ground cumin
6 tbsp olive oil

Directions Combine all the ingredients in a bowl and mix together thoroughly.