



Fabulous Warm Salad

(makes 1 serving)

There is something about adding freshly-cooked and warm elements to a salad and/or a dressing that you warm through just at the very last minute that can turn what might have been a good salad into a really great salad - here's one that I never tire of creating... and eating!

Ingredients

1 tablespoon pine nuts
1 tablespoon olive or avocado oil
½ red pepper, de-seeded and finely sliced
4 spring onions, trimmed and finely sliced
1 skinless chicken breast, carved into bite-sized slices
Crunchy lettuce leaves, torn into edible bites
½ cucumber, peeled, seeds removed and thinly sliced
½ courgette, wiped and grated
A handful of frozen peas, soaked in boiling water for 5-10 minutes
A handful of beansprouts
Large tomato, sliced or quartered
½ avocado, stoned, peeled and sliced

For the dressing:

3 tablespoons extra virgin olive oil
½ tablespoon white wine vinegar or lemon juice
1 teaspoon coarse grain or Dijon mustard
A pinch of sea salt
Freshly ground pepper

Method

Toast the pine nuts in a frying pan over a medium heat until golden and set aside.

Sauté the peppers and spring onions in the oil until soft and slightly caramelised around the edges then remove with a slotted spoon, cover and keep warm.

Add the chicken to the remaining oil and sauté gently until cooked through but still juicy.

Meanwhile, mix all the dressing ingredients in a small pan or microwaveable dish and very gently heat through.

Load a good helping of the lettuce leaves into a wide serving bowl, add the cucumber, grated courgette, peas and beansprouts then top the salad with the hot onions and peppers followed by the hot chicken and finally the tomato, avocado and pine nuts.

Drizzle the warm dressing over the whole dish but don't soak it, sit yourself down and enjoy!