



## Chicken, Orange and Walnut Salad



4-6 Servings



Prep: 15 min

Cook: 4 hours

### INGREDIENTS

#### For the dressing

2 tbsp mustard

3 tbsp honey

1 tbsp olive oil

1 tbsp lemon juice

2 tbsp orange juice

**1 tsp Belicious Lemon & Herb seasoning**

#### For the salad

200g chicken breast

4 handfuls of rocket

1/4 of an iceberg lettuce

1 orange

1/3 of a pomegranate fruit

1/4 cup (30g) walnuts

### DECORATION/ACCOMPANIMENT

Sprinkle with the pomegranate seeds, walnuts and drizzle with remaining dressing.

### LET'S GET COOKING!

1. Peel orange, cut out the pulp, then set aside. Squeeze 2 tbsp of juice and set the rest of the orange aside.
2. Mix the dressing ingredients together in a cup and season with salt & pepper.
3. Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan - grill for 4 minutes on both sides.
4. Drizzle the chicken pieces with one tbsp of the dressing and continue to grill for about 1.5 minutes on a lower heat. Turn and drizzle with another tbsp of dressing and grill for another minute. Remove from pan, set aside to cool and then slice into pieces.
5. Mix the salad leaves and divide between two plates, then top with orange and chicken.

Enjoy!

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