



# DropChef Refreshing Chicken Salad with Cumin, Fennel, Orange & Chia Seeds

Fennel is a root vegetable of the carrot family whose origin in the kitchen can be attributed to the Italian's. Previous to its 'culinary roots' it was used in Asian medicine to treat colic in infants and for its anti aging properties. Fennel is a great source of dietary fibre and naturally high in Vitamin C and Potassium. Paired with chia seeds this dish is packed with as many vitamins and minerals as we could fit in!

## Ingredients

- Chicken Fillet
- Orange
- Salad Leaves
  - Fresh Spinach
  - Fresh Rocket
- Natural Yogurt
- Fennel
- Chia Seeds
- Ground Cumin

## Your Pantry

- Olive Oil
- Salt
- Cling Film

## Nutritional Info

Calories: 370 kcal  
Carbohydrates: 15 g  
Protein: 33 g  
Fat: 7 g

## Allergens

Milk (Yogurt)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) **Prepare the chicken**

On a chopping board place a double layer of cling film down. Place the chicken in the middle of this and lift the cling film over the top of the chicken. Using a rolling pin, batter the chicken out until it is about 1 cm thick.

### 2) **Make the dressing**

To make the dressing, zest the orange and mix it into the yogurt. Season to taste.

### 3) **Prepare remaining ingredients**

Thinly slice the fennel and segment the oranges. Toast the chia seeds in a pan.

### 4) **Cook the chicken**

Heat a pan over a high heat. Season the chicken with salt and then cumin, sear in a hot pan with a drop of oil until the chicken is cooked through.

### 5) **Plate the dish**

Slice the chicken and spread on a plate. In a bowl, toss the salad leaves with the orange, fennel, chia seeds and dressing.

Spread this on top of the chicken.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**