



CHICKEN AND APPLE SALAD

Categoria: Hovedretter **Tempo di preparazione:** 10 Minutes **Difficoltà:** facile 🕒

Ingredienti per 4 persons

- Apples 220 g
- Chicken breast 700 g
- Rocket 70 g
- Spinach 70 g
- Pomegranate 1
- Fine salt to taste
- Black pepper to taste

TO SEASON

- Extra virgin olive oil 50 g
- Mustard 25 g
- Apple vinegar 10 g
- Fine salt to taste
- Black pepper to taste

To prepare the chicken and apple salad, start by splitting the chicken breast in half, remove the fatty parts, then cut it into 1 cm thick slices.

Take an oven dish, place the chicken in it and marinate it with olive oil, pepper and salt.

Meanwhile, take care of the salad: wash the rocket and spinach, dry and set aside.

Shell the pomegranate and collect the seeds in a bowl: you should obtain about 150 g of pomegranate seeds.

eat a griddle well and, when it is hot, place the chicken slices on it, taking care to drizzle them with the seasoning used for the short marinade.

Cook the chicken about 4-5 minutes per side (or until well done).



When ready, set the chicken aside and make the dressing for the chicken and apple salad: pour the mustard into a bowl, add the apple vinegar and then the olive oil, finally season with salt and pepper and stir to emulsify well.

Wash and dry the apples and once peeled slice them finely.

Everything is ready to compose the salad: in a bowl pour the rocket and spinach, the apple slices and the chicken, drizzle with the mustard sauce, mix and serve your chicken and apple salad immediately!

Enjoy it's from Europe!

