



## CHICKEN AND APPLE SALAD

**Categoria:** Main Courses **Difficoltà:** molto 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
- Extra virgin olive oil 50 g
- Mustard 25 g
- Apple vinegar 10 g
- Fine salt to taste
- Black pepper to taste

Divide the chicken breast in half, remove the fatty parts.

Marinate with olive oil, pepper and salt.

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

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

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

Pour the mustard into a bowl and the olive oil.



Add the apple vinegar.

Season with salt and pepper. Stir to emulsify well.

Cut the Chicken into 1 cm tick slices.

In a bowl pour the rocket and spinach.

Add the apple slices, the pomegranate seeds. Add the chicken.

Drizzle with the mustard sauce.

Mix and serve your chicken and apple salad immediately!