

Colourful Chicken Salad

$\frac{1}{2}$ chicken breast

50 g shredded cucumber

100g cherry tomatoes

Salt & pepper

5 tbsp olive oil

1 red chilli

1 egg

1 lemon

50g flour

30g salad leaves

Method

1. Gather all ingredients
2. Cut cherry tomatoes in half; chop chilli finely; cut salad leaves finely.
3. Add both to the shredded cucumber in a bowl.
4. Put the flour in a bowl and dust the chicken with it.
5. Place the flour-coated chicken piece into a small bowl containing your beaten egg and a small amount of water.
6. Repeat steps 4 and 5.
7. Cook the chicken in about 2 tbsp of olive oil for 10 minutes or until cooked through.
8. Let the chicken rest. Once rested, cut the chicken into cubes and add to the cucumber, tomatoes and salad leaves.

9. To make the dressing, whisk together 3 tbsp olive oil, pinch of salt and pepper and the juice of half a lemon. If dressing is too sour, add 2 tbsp of water.
10. Pour the dressing evenly over the salad.
11. Toss to combine everything evenly.
12. Enjoy!