



# CHICKEN, BROCCOLI & CRANBERRY SALAD

## WITH BLACK RICE

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 20 minutes

With lots of interesting textures and flavours, this chicken, broccoli and cranberry salad makes a nice change from your usual salad.



### SALAD

- ☐ 1 large broccoli
- ☐ 250g microwave pouch black or brown rice (8.8oz)
- ☐ 600g boneless, skinless chicken thighs (1lb 5oz)
- ☐ 1 tsp olive oil
- ☐ 60g Mediterranean rocket or baby spinach (2.1oz)
- ☐ 35g sango sprouts (1.2oz)
- ☐ 1/2 cup finely grated parmesan (40g)
- ☐ 1/3 cup sweetened dried cranberries (50g)
- ☐ 2 Tbsp sunflower seeds

### DRESSING

- ☐ 2 Tbsp olive oil
  - ☐ 2 Tbsp lemon juice
  - ☐ 1 Tbsp honey
  - ☐ 1 Tbsp aioli
  - ☐ 2 tsp Dijon mustard
  - ☐ 1 Tbsp chopped parsley
- optional*

### 1. PREPARE SALAD INGREDIENTS

Chop broccoli into small pieces. Place in a microwave steamer or microwave-safe dish and cook for 2-3 minutes, until tender. Microwave rice.

2. Dice chicken into approximately 2cm cubes. Heat oil in a medium-large frying pan over medium-high heat and cook the chicken until lightly browned and cooked through (around 5 minutes). Remove from heat.

### 3. MAKE DRESSING

Whisk together oil, lemon juice, honey, aioli, mustard and chopped parsley. Season with salt and pepper to taste.

### 4. SERVE

In a large salad bowl, combine broccoli, rice and chicken. Pour dressing over and toss to combine. Add spinach, sprouts, parmesan, cranberries and sunflower seeds and toss again. Divide between individual serving bowls and eat warm.



**WINE MATCH:** Try a Chardonnay.

## **CHICKEN, BROCCOLI & CRANBERRY SALAD RECIPE NOTES**

**GLUTEN-FREE OPTION:** Make sure aioli is gluten-free.

**INGREDIENT NOTES / SWAPS:** Chicken tenderloins are a good alternative to chicken thighs. If you can't find sango sprouts, try alfalfa sprouts instead. You could easily omit the meat and have this as a side salad at a barbecue.

**STORING AND REHEATING:** Store in an airtight container in the fridge. Can be eaten cold or reheated in the microwave.