



WARM CHICK PEA SALAD WITH (LUKE'S) DUKKAH CHICKEN BREAST

serves 4-6

Ingredients

- 2 Large Chicken Breast
- 60 Grams Luke's Hazelnut Dukkah
- 50 mls Extra Virgin Olive oil

Salad

- 1 Cup Dried Chick Peas (Soaked overnight and simmered for 1 hour next day)
- Or 1 Tin drained and rinsed Chick Peas
- ½ Bunch fresh washed Spinach leaves – Roughly broken up into small pieces
- 100 Grams Mixed lettuce leaves (Radicchio, mesclun, coz, butter lettuce, etc...)- also torn up into smaller pieces
- 1 Red Onion finely sliced
- 1 Large peeled and diced fresh Tomato
- 2 tablespoons Fresh Chopped mint
- 1 fresh Mango Sliced

Dressing

- 60mls Extra Virgin Olive Oil
- 2 Large Crushed Cloves of Garlic
- 30mls White Wine Vinegar
- 1 Teaspoon Lime or lemon Juice
- 1 teaspoon Sugar
- 2 Teaspoon Dijon Mustard
- Salt & Cracked Black Pepper

Method

- First slice each Chicken breast into nice medallions on an angle, about 4-5 slices from each breast.
- Place all the Dukkah onto a tray or plate, and then coat each Chicken slice in the Dukkah spice, pressing each medallion firmly to ensure each piece is well coated. Pan Fry these medallions in Olive oil till nicely browned, and cooked through- drain on absorbent paper & keep warm.

To Make Dressing

(can be made well in advance)

- Place the crushed garlic into bowl with mustard, add mustard, sugar.
- Whisk in the Lemon/lime juice & vinegar, then slowly whisk in Extra Virgin Olive Oil, check seasoning

To Make Salad

- Place the torn spinach and lettuce leaves, diced tomatoes, sliced red onions, chopped mint into large bowl and toss together,
- Nicely arrange the sliced Mangoes on top, then arrange the warm Chicken Medallions on top, then drizzle the dressing over

Serve with Flat Warm Pitta Bread

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