

# WARM BROCCOLI AND CHICKEN SALAD



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“ This lovely warm salad is quick to make, full of flavors and good-for-you things. The perfect recipe to keep you energized, as a starter or as a main dish. ”

# WARM BROCCOLI AND CHICKEN SALAD

## INGREDIENTS

- **4** boneless, skinless chicken breasts cut into chunky strips
- **Small handful** of fresh tarragon leaves, roughly chopped
- Grated zest of **1** medium sized lemon
- **150g** mixed salad leaves
- **150g** cherry tomatoes, halved
- **6** spring onions, sliced
- **1 tbsp** sunflower oil
- **1** clove garlic, crushed
- **200g** tender stem broccoli
- **25g** pine nuts, toasted
- Salt and pepper

- 1** Put the chicken strips in a bowl, add the tarragon, lemon zest, salt and pepper and mix well. Leave to marinate in the fridge for a few hours
- 2** Mix the dressing ingredients in a small bowl and set aside
- 3** When you're ready to eat, put the salad leaves, tomatoes and spring onions in a serving bowl and season with salt and pepper
- 4** Heat the oil in heavy-based frying pan and fry the chicken for about 8-10 minutes, turning occasionally, until golden brown and cooked through. Add the garlic for the last minute. Take the pan off the heat, add the dressing and stir, coating the chicken
- 5** Meanwhile, cook the broccoli in boiling, salted water for 4-5 minutes, or until just tender
- 6** Top the salad with the broccoli and chicken and sprinkle with toasted pine nuts



Super food ingredient

“BROCCOLI”

SERVES

2

#IMEXRECIPES