



Bbq chicken salad

10'
Hands on

20'
Cook Time

2-4
Portion(s)

1
Difficulty



Method

- **Chop** the celery stalks into 1 cm slices and place them in a **bowl**.
- In a **saucepan**, add the white wine vinegar and sugar.
- Place over medium to low heat and cook for 5 minutes, until the sugar melts.
- Whisk and pour mixture over the celery.
- Allow it to cool for 15-20 minutes and refrigerate until needed.
- Preheat oven to 180* C (350* F) Fan.
- To make the spice mix, combine all of the spices in a bowl and set it aside.
- Cut the chicken breast into 2 cm slices, vertically and transfer to a bowl.
- Drizzle with half of the olive oil and mix with your **hands** to coat.
- Dredge each piece of chicken in the spice mix making sure to coat on all sides completely.
- Transfer to a **baking pan** lined with parchment paper, spreading them out.
- Using a pastry brush, brush them with **bbq sauce** on the first side.
- Turn them over with a **pair of tongs** and brush them with bbq sauce on the other side also.
- Bake for 10-15 minutes.
- When ready, remove from oven and allow them to cool at room temperature.
- In the meantime, prepare the salad.
- Chop up the iceberg and place in a bowl.
- Add the celery, the finely chopped parsley, cherry tomatoes, salt, pepper and olive oil.
- Add the pieces of chicken to the salad bowl and crumble the goat cheese over the top.
- Toss and serve.

Ingredients

- 4 sprig(s) celery
- 100 g vinegar, of white wine
- 40 g granulated sugar
- 200 g chicken breast fillet
- 60 g olive oil
- 1 tablespoon(s) [BBQ sauce](#)
- 300 g iceberg lettuce
- 100 g goat cheese
- salt
- pepper
- 1 tablespoon(s) parsley, finely chopped
- 6 cherry tomatoes, cut in half

For the spice mix

- 1 tablespoon(s) paprika, smoked
- 1/2 teaspoon(s) garlic, powder
- 1/2 teaspoon(s) cumin, ground
- 1/4 teaspoon(s) turmeric
- 1/4 teaspoon(s) cinnamon
- 1 pinch cloves
- 1/4 teaspoon(s) nutmeg, ground

Διατροφικός πίνακας

Nutrition information per portion

292 Calories (kcal)	16.0 Total Fat (g)	5.9 Saturated Fat (g)	17.0 Total Carbs (g)
15%	23%	30%	7%
15.0 Sugars (g)	18.0 Protein (g)	3.2 Fibre (g)	0.78 Sodium (g)
17%	36%	13%	13%