



# BBQ Chicken Salad

10'

Hands on

20'

Cook Time

2-4

Portion(s)

1

Difficulty



## Ingredients

- 4 celery stalks
- 100 g white wine vinegar
- 40 g granulated sugar
- 1 chicken breast fillet
- 60 g olive oil (30 g + 30 g)
- 1 tablespoon **bbq sauce**
- 300 g iceberg (about ½ )
- 100 goat cheese
- salt
- pepper
- 1 tablespoon parsley, finely chopped
- 6 cherry tomatoes, **cut in half**

For spice mix

- 1 tablespoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- ¼ teaspoon turmeric
- ¼ teaspoon ground cinnamon
- pinch of ground cloves
- ¼ teaspoon ground nutmeg

## 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.

## Διατροφικός πίνακας

Nutrition information per portion

341 Calories (kcal)	23.0 Total Fat (g)	6.8 Saturated Fat (g)	15.0 Total Carbs (g)
17%	33%	34%	6%
14.0 Sugars (g)	17.0 Protein (g)	2.8 Fibre (g)	0.74 Sodium (g)
16%	34%	11%	12%