

## Anjum Anand's Griddled Chopped Chicken Salad



**Serves 1**

**Prep 15 mins**

**Cooking 15 mins**

**Easy**

### Ingredients

1 large skinless chicken breast  
1½ tbsp olive oil  
1 tsp roasted & ground cumin seeds  
small bunch parsley, finely chopped  
1½ tbsp lemon juice, or to taste  
½ medium tomato

½ ripe avocado  
½ red onion, finely chopped or sliced  
handful chopped lettuce like little Gem  
3 tbsp salted peanuts, lightly chopped

1. Marinate the chicken breast in 1 tsp of the olive oil & some seasoning. Leave for 30 mins if possible. Heat a griddle pan or frying pan, put the chicken in and cook for 5 - 6 mins on each side or until done. To keep the chicken moist you can cover the pan with another pan.
2. Meanwhile, mix together the remaining olive oil, seasoning, cumin and a little each of the parsley & the lemon juice. Chop the tomato and avocado into even 1-2cm cubes. Put in a bowl and add the onion, lettuce and most of the dressing. Toss well to mix and season to taste. Add more lemon juice if necessary.
3. Slice the chicken thinly and place on top of the salad, drizzled with the remaining dressing and remaining parsley, or chop into small chunks and mix in with the dressing and parsley. It is best to let the flavours marinate, so make up to 10 -15mins before serving if possible. Scatter over the peanuts to serve.