

Chicken Arla Skyr Salad



Serves 2

Prep 20 mins

Cooking 20 mins

Easy

Ingredients

100g ciabatta, torn into bite-size pieces
1 tbsp olive oil + drizzle for the bread
2 chicken breasts
1 rosemary sprig
1/2 lemon, zested and juiced
2 heads of cos lettuce, cut into 2 cm slices
10 radishes, thinly sliced

For the dressing:

150g Arla skyr Natural
3 tbsp mayonnaise
2 tbsp grated parmesan, + extra to serve
1/2 lemon, juiced

1. Heat the oven to 180C/160C Fan/Gas4. Spread the ciabatta out on a big tray, drizzle with olive oil, season and bake for 10 mins until crisp and golden. Set aside to cool.
2. Put the chicken in a large zip lock bag, add the olive oil, rosemary, lemon zest & juice, then season. Shake to coat the chicken, then lay flat on a chopping board, still in the bag and, using a rolling pin, gently pound each breast until about 1.5 cm thick.
3. Heat a griddle pan until smoking hot, griddle the chicken for 4-5 mins on each side. Ensure it's cooked through, then transfer to a chopping board to rest before slicing into strips.
4. In a large bowl, whisk together all the dressing ingredients and set aside. When ready to serve, add some of the dressing to the lettuce, radishes and ciabatta croutons. Mix well, then divide between serving bowls and top with the grilled chicken and some grated parmesan and the rest of the dressing on the side.