

Griddled Chicken Salad



Serves 4

Prep 20 mins

Cooking 30 mins

Easy

Ingredients

450g new potatoes
4 boneless chicken breasts
5 tbsp olive oil
juice of 1 lemon
handful of fresh chives, finely snipped
4 tbsp soured cream
1 cos or romaine lettuce, shredded
250g cherry tomatoes, halved

1. Cook the potatoes in salted boiling water for 15 - 20 mins until tender. Meanwhile, flatten the chicken between two sheets of cling film, with the bottom of a saucepan, then season. In a large bowl, mix together the olive oil, lemon juice and chives. Brush a third of the dressing over the chicken.
2. Heat the griddle or large frying pan. Cook the chicken for 6 - 8 mins, turning halfway. (You may need to do this in batches) Whisk the soured cream into the remaining dressing and season.
3. Drain the potatoes and leave to cool slightly then toss with another third of the dressing. Dress the lettuce and tomatoes with half the remaining dressing between the plates with the potatoes. Top with the chicken and drizzle over the remaining dressing or serve it separately.