

Salade de Poulet au Citron et à la Feta



Serves 4 Prep 5 mins + 1 h marinade Cooking 15 mins Easy

Ingredients

4 chicken breasts or chicken strips for 4
150g feta
a bag of salad leaves
1 onion
100ml olive oil
1 lemon
salt & pepper

1. Cut the chicken breasts into long strips. Wash & dry the lemon and zest it, then juice it. Put zest and juice into a bowl. Add the chicken strips and leave to marinate in the fridge for 1 hour.
2. Meanwhile, cut the feta into cubes and set aside. Peel and finely chop the onion. In a frying pan, fry the onion over a low heat to soften with 2 tbsp of oil for 5 mins, then add the chicken strips and the marinade,. Turn up the heat for about 5 minutes to allow the chicken to turn golden brown. Stir constantly. Season and leave to cool.
3. In a salad bowl, bring the feta, the salad leaves and the now cooled chicken together with the cooking juices. Add more oil, if you wish, mix and serve.