

Sumac Chicken & Green Bean Salad



Serves 2 Prep 10 mins

Cooking 20 mins

Easy

Ingredients

2 skinless chicken breasts
olive oil
2 tsp sumac, plus a pinch
1 tsp ground cumin
200g green beans, trimmed
½ red onion, finely sliced
2 carrots, peeled and shredded

Dressing

½ lemon, juiced
1 tbsp chives, chopped + some for
decorating
1 tsp honey
1 tsp balsamic vinegar
1 tsp olive oil

1. Heat the oven to 220C/fan 200C/gas 7. Rub the chicken breasts with 1 tsp oil and season. Mix 2 tsp sumac with the cumin and rub over the chicken. Put onto a baking sheet and roast for 15-20 minutes, until the chicken is cooked through.
2. Make the dressing by whisking the ingredients together with 1 tsp oil and some seasoning. Blanch the green beans in boiling salted water for 2 minutes. Add the red onion to the boiling water for 5 seconds, then cool both in iced water. Drain and pat dry with kitchen paper.
3. Toss most of the dressing with the blanched beans, onions and the carrot, and tip onto two plates or a platter. Slice the chicken breasts and add to the plates, spooning over the remaining dressing, and scatter with more chives and a pinch more sumac.