

Warm chicken salad with beetroot

SERVES 4 PREP 10mins COOK 25mins **EASY**



Low saturated fat

* For a cold salad, cook the chicken, cool for an hour and store in the fridge. Use within 24 hours

- 2 tbsp The Co-operative coriander seeds
- 1½ tsp The Co-operative ground coriander
- 500g The Co-operative Healthy Living Elmwood skinless chicken breast fillets
- spray oil
- 1 lemon, juiced
- 250g dwarf beans
- 25g fresh coriander
- 70g rocket

- 75g watercress
- 250g cooked beetroot, cut into small wedges

- 1 Pre-heat oven to 180°C/Gas 4. Put the coriander seeds in a plastic bag with the ground coriander and crush. Place the chicken breasts in an ovenproof dish and spray with the oil. Cover with the crushed coriander seeds and pour over lemon juice. Roast in the oven for 25 mins.
- 2 Cook the beans in boiling water for 2 mins. Drain and cut in half.
- 3 Pick the leaves from the fresh coriander

and mix with the rocket and watercress.
4 Arrange the salad leaves, beans and beetroot on a plate. Slice the chicken and add to the salad. Spoon any juice from the cooked chicken over the salad and serve.

Calories 205	Fat 3.6g	Sat Fat 0.6g	Sugars 6.0g	Salt 0.3g
approx. per serving				
✓ 2 of your 5-a-day				

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good with food