

# Asparagus, watercress & blood orange chicken salad



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Preparation 25 mins + cooling time | Cooking 7 mins + standing time | Serves 4

600g small free-range chicken breast fillets

½ lemon, sliced

2 bunches thick asparagus, trimmed

4 cups watercress sprigs (about 1 bunch), washed, dried and chilled

3 blood oranges, peeled, pith removed and sliced

100g Greek-style feta cheese, crumbled

⅓ cup pepitas, toasted

Extra virgin olive oil, for drizzling

**STEP 1** Place chicken and sliced lemon into a medium saucepan. Cover with cold salted water and bring to the boil over medium heat. Reduce heat and gently simmer for 5 minutes. Turn the heat off and leave chicken in the pan for 10 minutes or until just cooked through. Transfer chicken to a plate and refrigerate until cold.

**STEP 2** Plunge asparagus into a frying pan of simmering water and cook for 2 minutes. Drain, refresh in cold water and pat dry with paper towel.

**STEP 3** Slice asparagus diagonally into bite-sized pieces. Shred the chicken. Arrange watercress, asparagus, blood oranges and chicken onto serving plates. Sprinkle with feta and pepitas. Drizzle with a little extra virgin olive oil and serve.

### Good for you... **ASPARGUS**

*One of the best sources of natural folate.*

*This B complex vitamin is important throughout life for normal function of the immune system.*

*A source of vitamin C which contributes to protecting body cells from damage from free radicals.*

