

Baby fennel, bean & BBQ chicken salad



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Preparation 20 mins | Cooking 2 mins | Serves 4

- 2 bulbs baby fennel, trimmed
- 250g green beans, trimmed and halved diagonally
- 1 tbs extra virgin olive oil
- 1 tbs lemon juice
- 1 barbecued chicken, skin and bones removed and flesh shredded
- ½ small red onion, halved and very thinly sliced
- ¼ cup toasted pine nuts
- ¼ cup toasted pepitas
- 125g marinated feta cheese

STEP 1 Using a V-slicer or sharp knife, very finely slice fennel. Place into a large bowl. Drizzle with the oil and lemon juice and toss to combine. Set aside for 10 minutes.

STEP 2 Meanwhile, bring a medium saucepan of water to the boil. Plunge beans into the pan, cover and bring back to the boil. Boil for 1 minute then drain and rinse in cold water. Set aside to dry.

STEP 3 Add beans, chicken, onion, pine nuts, pepitas and feta to fennel mixture. Season with pepper to taste. Toss to combine. Arrange on a serving platter and serve.

Good for you... **FENNEL**

A good source of dietary fibre, which helps the intestine function normally and also vitamin C, a vitamin that contributes to the function of the body's normal immune system. Has virtually no fat and few kilojoules so is a useful food for those trying to control weight. A source of potassium.

