

Bean, asparagus, fennel & smoked chicken salad



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Preparation 15 mins | Cooking 3 mins | Serves 4

- 150g green beans, trimmed
- 2 bunches asparagus, trimmed and halved
- 1 small bulb fennel, trimmed and thinly sliced
- ½ small red onion, finely sliced
- 2 (about 350g) smoked chicken breast fillets, thinly sliced
- 50g baby spinach leaves

Lemon dressing

- ¼ cup extra virgin olive oil
- 1 tbs lemon juice
- 1 tbs white wine vinegar

STEP 1 Plunge beans and asparagus into a deep frying pan of boiling water and cook over medium-high heat for 3 minutes until vegetables are just tender. Drain, refresh in cold water. Pat dry with paper towel.

STEP 2 Combine beans, asparagus, fennel, onion, chicken and spinach in a bowl.

STEP 3 To make lemon dressing, combine all ingredients in a screw top jar. Shake to combine. Drizzle salad with dressing, gently toss to combine and serve.

Good for you... **FENNEL**

Has virtually no fat and few kilojoules so is a great food for those trying to control weight. A source of vitamin C and potassium.

