

Blood orange, fennel and chicken salad



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Preparation: about 20 minutes

Cooking: about 15 minutes

Serves: 4

2 (about 500g) chicken breast fillets,
2 cups chicken stock
5 blood oranges
2 baby fennel, trimmed and very thinly sliced
½ small red onion, very thinly sliced
100g baby Asian salad leaves
2 tbs extra virgin olive oil
1 tbs white wine vinegar
Salt and ground black pepper

1. Place chicken and stock in a saucepan. Cover and simmer over medium heat for 12–15 minutes until cooked through. Remove chicken, cool and shred flesh.
2. Peel and remove all white pith from 4 blood oranges. Thinly slice into rounds. Arrange blood oranges on serving plates or a platter. Combine fennel, red onion, salad leaves and chicken in a bowl.
3. To make dressing, juice remaining blood orange to yield ¼ cup juice. Place juice, oil, vinegar and salt and pepper in a screw top jar. Shake to combine. Drizzle chicken salad with dressing, toss to combine. Arrange salad on blood oranges and serve.



Blood orange

- An excellent source of vitamin C, a vitamin that helps protect us against infection.
- High in beta carotene and other related compounds – all important antioxidants which help protect our health.
- A good source of dietary fibre, which is important for a healthy digestive system.