

Broccoli, rocket, chicken, rice & barley salad



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Preparation 15 mins | Cooking 15 mins | Serves 4

This is a fabulous fresh, crunchy and healthy salad.

- 1 cup rice & barley
- 400g head broccoli, trimmed and cut into small florets
- 500g free range chicken tenderloins, trimmed
- 40g baby rocket leaves
- ½ cup mint leaves, chopped
- 2 green onions (shallots), trimmed and thinly sliced
- 1 tbs lemon juice
- 2 tbs toasted pine nuts
- 2 tbs extra virgin olive oil

STEP 1 Rinse rice & barley in cold water and cook following packet directions. Transfer to a large bowl and set aside to cool.

STEP 2 Meanwhile, half fill a large frying pan with water. Cover and bring to the boil over high heat. Add broccoli and cook for 2-3 minutes until just tender. Remove with a slotted spoon to a colander to drain. Add chicken to the boiling water. Reduce heat to medium and cook chicken for 3 minutes then turn off heat, cover and set chicken aside in the pan for 10-12 minutes or until chicken is just cooked through. Drain, cool slightly and then shred chicken.

STEP 3 Add chicken, broccoli, rocket, mint, green onions, lemon juice, oil and pine nuts to the rice. Season with salt and pepper to taste. Gently toss to combine and serve.

Good for you... **BROCCOLI**

Top of the class for its content of many nutrients, including iron (contributes to red blood cells), potassium (helps balance the sodium from salt) and vitamins, including vitamin C (necessary for normal blood vessel structure and function and contributes to collagen formation in teeth and gums).

