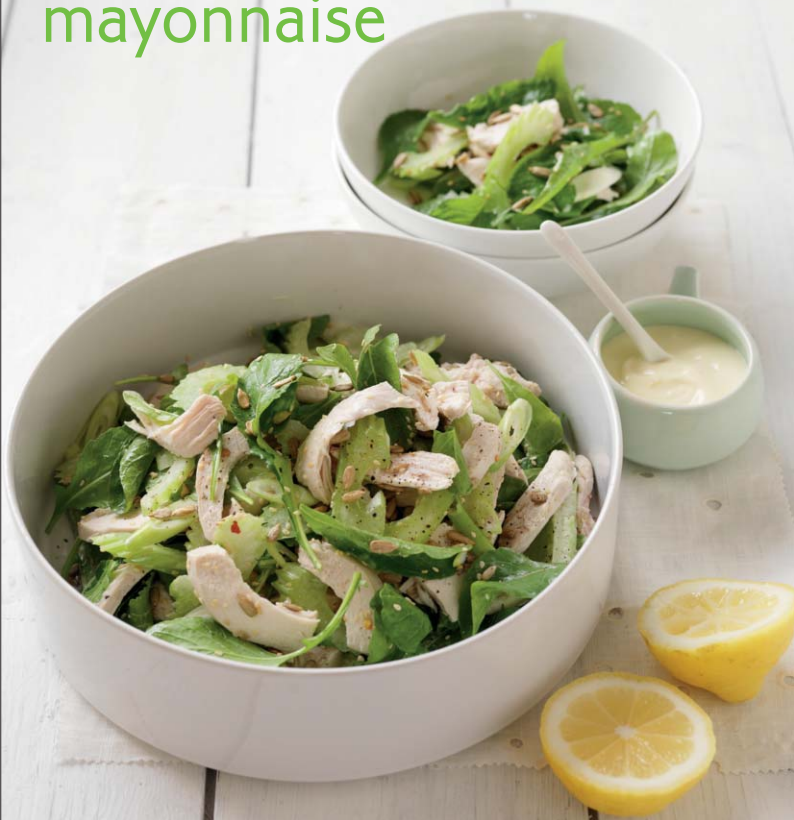


Rocket, celery & chicken salad with lemon mayonnaise



Rocket, celery & chicken salad with lemon mayonnaise

Preparation: about 20 minutes + cooling time

Cooking: about 20 minutes

Serves: 4

- 3 chicken breast fillets
- 2 cups chicken stock
- 1 lemon, sliced
- 2 green onions (shallots), trimmed and thinly sliced
- 2 sticks celery, trimmed and thinly sliced
- 100g baby rocket leaves
- ½ cup toasted mixed salad seeds

Lemon mayonnaise dressing

- ½ cup whole egg mayonnaise
- 1 tbs boiling water
- 2 tbs lemon juice
- Salt and ground black pepper

1. Place chicken into a medium frying pan. Cover with stock, add lemon slices and bring to the boil over medium heat. Reduce heat and simmer for 12-15 minutes until just cooked through. Transfer to a plate, cover and cool in the fridge for 30 minutes.
2. To make dressing, combine mayonnaise, water and lemon juice in a bowl. Season with salt and pepper to taste. Stir until well combined.
3. Place green onions, celery, rocket and salad seeds in a bowl. Slice chicken diagonally and add to salad. Toss until well combined. Arrange on a serving platter or plates. Drizzle with lemon mayonnaise dressing and serve.



Rocket

- A source of vitamin C, folate, pantothenic acid (vitamin B5) and beta carotene. Vitamin C helps protect the body against infection and is important for healthy teeth and gums. Folate is one of the B complex vitamins that is important for heart health while vitamin B5 is vital for healthy nerves. Beta carotene is converted to vitamin A in the body.