

Watercress, asparagus & chicken salad



Watercress, asparagus & chicken salad

Preparation: about 25 minutes
Cooking: about 3 minutes
Serves: 4

2 bunches asparagus, trimmed and halved
1 barbecued chicken
4 cups watercress sprigs (about 1 bunch)
250g cherry or mini roma tomatoes, halved lengthways
¼ cup pinenuts, toasted

Dijon dressing

¼ cup extra virgin olive oil
2 tbs lemon juice
3 tsp Dijon mustard
½ tsp caster sugar
Salt and ground black pepper

1. Plunge asparagus into a frying pan of gently boiling water and cook for 2–3 minutes or until almost tender. Drain and refresh in cold water.
2. Shred chicken flesh and discard skin and bones. Place chicken in a large bowl. Add asparagus, watercress, tomatoes and pine nuts.
3. To make Dijon dressing, place ingredients in a screw-top jar. Shake until well combined. Drizzle dressing over asparagus. Toss gently to combine. Spoon onto serving plates and serve.



Asparagus

- A good source of natural folate, a B complex vitamin that is important for healthy blood.
- A source of vitamins C and E, both of which function in the body as antioxidants, helping to prevent damage to body tissues.
- Asparagus supplies dietary fibre, vital to prevent constipation.