

Super Salad – Chicken and Cashews in a Blue Cheese Dressing



Another mouth wateringly delicious salad. I am on a mission to make sure everyone knows that salads do not have to be dull! 😊

Ingredients per person

- 1 chicken breast
- Approx. 12 cashew nuts
- 1 tablespoon natural yogurt
- 1 tsp of blue cheese
- 1 inch thick slice of cucumber, diced
- ¼ red onion, diced
- ½ red apple, diced
- 2 inch stick of celery, sliced thinly
- 2 or 3 large lettuce leave, washed

To keep the chicken moist, I recommend you either steam or boil it. If you have a steamer simply place the chicken in there for approx. 15 mins. If you are boiling it, place it in a pan of boiling water and simmer gently for 15-20 mins. As always with chicken you MUST cut it in half to check it is cooked through as timings will vary depending on the size of the chicken breast.

While the chicken is cooking, place the cashew nuts into a dry frying pan and toast them until they have a little colour on them. This makes a huge difference to the taste. It will really bring the flavour out. This will take just a few minutes.

Now, mix the blue cheese with the yogurt and add a little salt and black pepper if you wish.

Start to plate up your salad. Start with the large lettuce leave, followed by the onion, celery, cucumber and apple. Slice up your chicken and add this to the salad and add the toasted cashew nuts. Finally, drizzle over your blue cheese sauce over the top. This has so many different flavours and textures it will completely satisfy you.