

Kale meal salad with chicken, feta, figs and roasted hazelnuts

Recette pour 4

Description

Fresh but proteine consistent salad recipe. Ought to satisfy your hunger whether it is summer or winter!

L'idée déco

The seasoning of the chicken will make this salad even greater. Not only in the pan with the fennel seeds and the chilli flakes, but with proper salt and pepper before cooking.

Ingrédients

Chicken

- 8 Unit(s) Boneless chicken thigh
- 3 Unit(s) Green onion
- 0.50 Tsp Ground fennel seeds
- 0.25 Tsp Chili flakes

- Salt and pepper
- Olive oil

Salad

- 175 Gr Dry figs
- 1 Unit(s) Lemon juice
- 175 Gr Cabbage kale
- 2 Can(s) Chick peas (540 ml)
- 200 Gr Feta cheese
- 125 Gr Hazelnuts
- 0.50 Bunch(es) Chives

- Salt and pepper
- Olive oil

Préparations

Temps de préparation **30 mins**

Préchauffez votre Oven à 400 F°

Mise-en-place

Mince the spring onions and cut the chicken in nice cubes.

Roast the hazelnuts in the oven for roughly 5mins. With a pan, crush them into small chunks

Figs in small cubes also.

Use only the leaves, cut the kale.

Rinse the chick peas under cold water.

Chop the thinnest you can.

Chicken

In a hot pan, sear the chicken up to a good coloration, add the chilli flakes and the fennel seeds, and finish the cooking in the oven. While making sure it is fully cooked, it must not be dry.

Salad

Best if done the day before, put the figs, the hazelnuts, olive oil, spring onions, the lemon juice, salt and pepper altogether.

Then gently add all the remaining ingredients.

Montage

Generous quantity of salad and end with 6-8 cubes of chicken.

Bon appétit!