

## Nutritious & Delicious Main Course Recipes



### Griddled Chicken with A Warm Salad of Aubergine & Fennel

#### Ingredients (serves 10)

##### For the spiced chicken

10 x 150g chicken breasts, skin removed  
4 tsp fennel seeds  
4 tsp coriander seeds  
4 tsp cumin seeds  
3 tsp smoked paprika  
salt and freshly ground black pepper  
2 tbsp rapeseed oil

##### For the aubergine and fennel salad

200ml Rapeseed oil  
1 Kilo aubergine, 2cm dice

1 shallot onion, finely sliced  
3 lemons, juice and zest only  
1.5 Kilo fennel, finely sliced  
1 Large bunch fresh flat leaf parsley, chopped  
5 tsp fennel seeds, crushed  
4 tbsp olive oil  
4 tsp black mustard seeds  
4 tbsp fish sauce  
25g caster sugar  
salt and freshly ground black pepper

#### Method

1. Place the fennel seeds, rapeseed oil, coriander seeds, paprika and salt and freshly ground black pepper into a pestle and mortar or spice grinder and grind to a fine powder.
2. Butterfly the chicken and rub with the spices.
3. For the salad, coat the aubergine with a little oil and seasoning and roast in a hot oven until golden brown.
4. Drain on kitchen paper and then place in a medium-sized bowl.
5. Heat the griddle pan and grill the spiced chicken for 4-5 minutes on each side, remove from the heat and keep warm.
6. Meanwhile, add to the aubergine, the onion, lemon juice and zest, thinly sliced fennel, parsley, crushed fennel seeds, olive oil, salt and black pepper. Stir well to combine.
7. Heat the mustard seeds in a dry frying pan until they begin to pop, add the fish sauce and sugar and stir well. Add to the salad mix and stir well.
8. To serve, slice the chicken and serve with the salad.

#### Key Nutrients

Portion	473g	100g	
Calories	<b>408(kcal)</b>	<b>86 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	20.2g	4.3g	Med
Saturates	2.4g	0.5g	Low
Sugars	7.5g	1.6g	Low
Salt	1.4g	0.3g	Low
Protein	52.4g	11.1g	-

**Allergens: Mustard, Fish, Crustaceans**