

Chicken, fennel and broad bean salad

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Chicken, fennel and broad bean salad

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Anjum Anand is a British food writer and cookbook author, and has been dubbed the Nigella Lawson of Indian cuisine in Britain. This is her take on a simple chicken salad.

Ingredients

- 2 small chicken breasts, skinned
- 1 iceberg lettuce, washed and dried
- ½ small avocado, peeled and cut into small pieces
- 40 g broad beans, shelled and cooked
- 1 small [fennel](#) bulb, trimmed and finely sliced or shaved
- Salt and pepper
- 2 tsp vegetable [oil](#)

Creamy tarragon dressing

- 2 tbsp lemon juice
- 1½ tbsp olive oil
- 2 tbsp water
- ½ tsp raw cane sugar

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- ½ garlic clove, peeled and grated
- 2 tbsp [pine nuts](#)
- 2 sprigs fresh tarragon, leaves only

Method

Preheat oven to 180°C. Season chicken on both sides and cut three or four diagonal slashes through the thick parts of the breast. Heat oil in an ovenproof pan and sear breasts for one to two minutes on each side or until well coloured, then transfer to the oven to cook through, around 10 to 12 minutes. Check chicken is cooked by piercing the thicker parts of the meat with the tip of a knife – the juices should run clear rather than pink.

To make the dressing, blend together all the dressing ingredients, except tarragon, until smooth, then season and stir in the tarragon.

Mix together the ingredients for the salad. Slice chicken and place on the salad. Drizzle over the dressing, toss and serve.

Recipe and images from *Eat Right for Your Body Type* by [Anjum Anand](#)

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