

Chicken, charred tomato & broccoli salad

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This simple but substantial main course salad gets its goodness from smoky skillet-blackened tomatoes and a dressing prepared right in the pan – maximising all the flavour from the tomatoes.

Ingredients (serves 6)

- 680 g boneless, free range skinless chicken breasts
- 4 cups broccoli florets
- 680 g medium tomatoes
- 2 tsp plus 3 tbsp extra-virgin olive oil, divided
- ½ tsp chilli powder
- ¼ cup lemon juice
- Salt and pepper, to taste

Method

Place [chicken](#) in a skillet or saucepan and add enough water to cover; bring to a simmer over high heat. Cover, reduce heat and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer to a cutting board. When cool enough to handle, shred with two forks into bite-size pieces.

Bring a large pot of water to boil, add broccoli and cook until tender, three to five minutes. Drain and

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rinse with cold water until cool.

Meanwhile, core tomatoes and cut in half crosswise. Gently squeeze out seeds and discard. Set the tomatoes cut-side down on paper towels to drain for about five minutes.

Place a large heavy skillet, such as cast-iron, over high heat until very hot. Brush the cut sides of the tomatoes with one teaspoon oil and place cut-side down in the pan. Cook until charred and beginning to soften, four to five minutes. Brush the tops lightly with another one teaspoon oil, turn and cook until the skin is charred, one to two minutes more. Transfer to a plate to cool.

Heat the remaining three tablespoons oil in the pan over medium heat. Stir in salt, pepper and chilli powder and cook, stirring constantly, until fragrant, about 45 seconds. Slowly pour in lemon juice (it may splatter), then remove the pan from the heat. Stir to scrape up any browned bits. Coarsely chop the tomatoes and combine them in a large bowl with the shredded chicken, broccoli and the pan dressing; toss to coat.

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