



## Chargrilled Chicken and Bramley Salad

**Preparation time:** 5 mins

**Cooking time:** 15-20 mins

**Serves:** 4

### **Ingredients**

350g/12oz Bramley apples, peeled, cored and sliced  
4 (175g/6oz) chicken breast fillets  
4 tbsp olive oil  
100g/4oz green beans, trimmed  
350g/12oz Cos lettuce, washed  
225g/8oz cherry tomatoes, halved  
1 small red onion, sliced  
1 (15g) pack fresh coriander  
rind and juice 1 lime  
1 tsp honey



1. Place the chicken fillets on a board, cover with cling film. Use the end of a rolling pin to gently beat the chicken until it is 1cm/ ¼ inch thick all over.
2. Brush the griddle pan with a little of the oil, then heat until it is really hot. Add the chicken and cook for 8-10 mins turning once until charred on both sides. Set aside.
3. Brush the griddle pan with a little of the oil, then heat until it is really hot. Add the Bramley slices and cook for 2-3 mins turning once until charred on both sides. Set aside.
4. Meanwhile cook the beans in a pan of boiling water for 3-4mins or until just tender. Drain, rinse in cold water and drain.
5. Tear the lettuce into pieces, place in salad bowl, add the tomatoes, beans, onion and half the coriander leaves.
6. To make the dressing finely chop the remaining coriander, then mix with the remaining oil, lime rind and juice, honey and salt and pepper to taste.
7. Add the chicken and Bramley to the salad and toss, adding the dressing.

• **Calories per portion:** 396

• **Fat per portion:** 19g