

Roast chicken and caper salad

Serves three, takes 5 minutes

A good ol' chicken salad is high comfort indeed and embarrassingly simple to put together. Yes, it helps to have delicious leftovers from a roast chicken. If you're not as lucky, the easy option is to buy some ready roast meat, or else pop some lightly seasoned filets or legs into the oven in advance. Just give them time to cool off before you assemble the salad.

- * *Left over roast chicken - enough for three, off the bone, roughly chopped and skin removed*
- * *Avocado - 1, peeled and chopped*
- * *Mayonnaise - a few tbsp*
- * *Dijon mustard - 1 tbsp*
- * *Tarragon - a small handful of leaves, chopped*
- * *Capers - a couple of tsp, drained*

Mix all the ingredients together in a bowl. Season with salt and pepper.

Green bean, tomato and olive salad

Serves three, takes 10 minutes

There are plenty of variations you could play with here - sundried tomatoes, adding preserved lemon, tahini dressing (equal parts water and tahini, a squeeze of lemon and salt), roasted hazelnuts.

- * *Green beans - a few handfuls, topped and tailed*
- * *Sage (or other fresh herb) - a few leaves, chopped*
- * *Cherry tomatoes - a couple of handfuls, halved*
- * *Black pitted olives - a handful*
- * *Olive oil - a drizzle*
- * *Lemon - juice of 1/4*
- * *Toasted seeds - a handful (I used sesame, poppy and sunflower)*

Boil the green beans in salted water for 4-5 minutes, or until al dente. Drain.

If you're feeling fancy, you can fry the sage leaves in olive oil on a high heat for a couple of minutes until crispy. This isn't essential.

Mix all the ingredients except the seeds together in a bowl, season with salt and pepper. Sprinkle the seeds over the top to serve.