

FIONA TUCK

NUTRITION WELLNESS YOGA



Roasted Broccoli and Spiced Chicken Salad with Tahini Dressing

An incredibly tasty salad which is high in protein and antioxidants and makes a perfect lunch or light dinner. If you haven't tried roasted broccoli before, you'll never go back!

Ingredients:

2 cups broccoli florets
1 small fennel bulb, thinly sliced
1 cup tinned chickpeas, rinsed and drained
1 tablespoon extra virgin olive oil
2 chicken breasts
1 tablespoon honey
1 teaspoon lemon juice
¼ teaspoon ground cumin
½ cup blanched almonds
2 cups cooked brown rice
1 cup baby spinach
¼ cup currants

Prep: 15 mins

Cook: 20 mins

Serves: 4

Tahini dressing

¾ cup natural yoghurt
2 tablespoons tahini
1 tablespoon lemon juice
Pinch of salt

Directions:

1. Preheat oven to 170°C.
2. Place broccoli, fennel and chickpeas on a large oven tray and drizzle with olive oil. Season with salt and pepper.
3. Place chicken breasts on a separate tray. Mix together honey, lemon juice and cumin and spoon over chicken.
4. Place both trays in oven and roast for 15 minutes or until chicken is just cooked through and broccoli is beginning to brown. Remove from oven and transfer chicken to a plate to cool slightly.
5. Meanwhile, spread almonds over tray and roast for 5 minutes or until golden brown.

6. Shred chicken into chunks and place in a large bowl. Toss with broccoli, fennel, chickpeas, almonds, currants, rice and baby spinach.
 7. To make dressing, whisk all ingredients together in a small bowl until smooth.
 8. Divide salad between four plates, spoon over dressing and serve.
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