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150208b
Poultry
Quickie
Jacqui Gowan

Ginger and chilli poached chicken with nashi salad

1 chicken breast fillet, halved horizontally
1 nashi pear, cored, thinly sliced
1 green onion, thinly sliced
¼ red onion, thinly sliced
½ red chilli, seeded, sliced
1 tbs finely chopped dill
1 tbs finely chopped flat leaf parsley
2 tbs lemon juice
Olive oil

- 1 Bring a saucepan of salted water to the boil and reduce to a simmer, poach chicken for 10 minutes or until cooked through, drain. Thinly slice.
- 2 Combine nashi, green onion, red onion, chilli and herbs in a bowl, squeeze over the lemon juice and drizzle with olive oil, season with salt and pepper.
- 3 Arrange salad on a serving plate and top with chicken to serve.