

Lettuce, cucumber, radish & chicken salad



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Preparation 20 mins | Cooking 5 mins + 10 mins standing time | Serves 4

- 1 lemon, sliced
- 4 sprigs thyme
- 500g small free-range chicken breast fillets
- 2 Lebanese cucumbers
- ½ Iceberg lettuce, trimmed, quartered and thickly sliced
- 2 green onions (shallots), trimmed and finely shredded
- 4 radishes, trimmed and very thinly sliced
- Mint leaves and lemon wedges, to serve

Mint & buttermilk dressing:

- ½ cup mint leaves, finely chopped
- ½ cup buttermilk
- ¼ cup Greek-style natural yoghurt
- 1 tbs lemon juice

STEP 1 Place lemon and thyme into a deep frying pan of water. Bring to the boil over high heat. Add chicken, cover and cook for 5 minutes. Remove from heat, cover with a lid and stand for 10 minutes or until chicken is cooked through. Transfer chicken to a plate, cover and refrigerate until cooled then shred chicken.

STEP 2 To make dressing, combine all ingredients in a bowl. Season with salt and pepper to taste. Whisk to combine.

STEP 3 Using a vegetable peeler cut cucumbers lengthways into thin ribbons and discard seed core. Arrange cucumbers, lettuce, green onions, radishes and chicken on a serving platter or plates. Drizzle with dressing. Scatter with mint leaves and serve with lemon wedges.