

WHAT THE DOCTOR ORDERS, COOKS, AND EATS

Chicken and Cherries- who knew? For 2

GET READY:

Cooked Chicken-150g
Cherries-20
Red pepper-half
Mixed lettuce leaves
Chives
Mayonnaise
Horse radish/Wasabi
Olive Oil-2 TBS
Lime Juice-1 TBS
Seeds (optional)



GET COOKING:

- Mix the olive oil and lime juice in a bowl and toss the lettuce leaves
- Plate up the lettuce
- Add 2-3 heaped tablespoons of mayonnaise to the same bowl
- Stir in 1-2 teaspoons of horse radish or wasabi paste
- Halve and stone the cherries and thinly slice the red pepper
- Add these along with the chicken pieces to the mayo
- Dollop into the centre of your lettuce
- Sprinkle with snipped chives
- Lightly toast mixed seeds in a dry pan and adorn your salad with them

GET EATING:

Hot zingy horse radish or wasabi added to creamy luscious mayonnaise make for a winning combination to pep up left over chicken. The cherries produce a sweet juiciness and the red pepper a fresh crunch. The chives add a mild onion twang and the mixed seeds a nutty bite.

GET HEALTHY:

The chicken provides lean protein, the mayo is high in vegetable fat and keeps you feeling fuller for longer. Cherries are a good source of fibre, vitamins A and C and contain anti-oxidants. They are reputed to help brain chemistry to increase serotonin and may help sleep. Red peppers are high in vitamins C, A and B6. There are too few seeds here to boast about but they will bring a little fibre and protein to the party.

This recipe was inspired by Anna Stockwell from Epicurious. The original used radishes in place of red pepper and spiced bread crumbs rather than toasted seeds.