

Poached chicken salad with creamy herb dressing

SERVES 6 * PREP IN 25 MINS * COOK IN 30 MINS

- * 2 litres chicken stock, made from 2 cubes
- * 1 whole chicken (approx 1.2kg)
- * 6 garlic cloves, peeled
- * 30 asparagus spears, trimmed and halved
- * 300g mangetout
- * 200g peas
- * 3 tbsp mayonnaise
- * 1 tbsp white wine vinegar
- * 1 tbsp Dijon mustard
- * 3 sprigs tarragon, leaves only
- * 20 radishes, trimmed and thinly sliced
- * 1 punnet mustard cress



- 1 Heat the chicken stock in a large saucepan that will hold the chicken snugly. When it is simmering, place the chicken in, breast side down, and cook for 15 minutes. Add the garlic and cook for a further 10-15 minutes until cooked through and no pink meat remains. Remove the saucepan from the heat and allow the chicken to cool down in the stock. Reserve the garlic cloves for the dressing and keep (or freeze) the stock to use another time.
- 2 Meanwhile, blanch the green vegetables in boiling salted water for 2 minutes, drain and refresh in cold water.
- 3 When the chicken has cooled down, remove from the stock and shred into large pieces, discarding any bone and skin.
- 4 Make the dressing by blending 3 tbsp of the chicken stock, the reserved garlic cloves, the mayonnaise, vinegar, mustard, tarragon leaves and some seasoning in a food processor until smooth.

- 5 Combine all the blanched vegetables with the radishes, chicken and dressing. Serve with a few bits of mustard cress snipped over each plate.

MORRISON'S MAGAZINE TIP Poaching the chicken keeps the meat moist – and it's healthier than frying, too.

Per serving: calories 251 (13%), sugar 3.9g (4.3%), fat 8.2g (11.7%), saturates 1.5g (7.5%), salt 0.3g (5%) of your guideline daily amount

AND TO DRINK...

 **Wolf Blass Yellow Label Chardonnay, £9.99** Take in enticing aromas of classic peach and stone fruits of this pale straw-coloured wine. Then enjoy the creamy texture and subtle integrated oak notes of this rich, balanced white wine.

