

Seasoned Chicken Salad

Ingredients

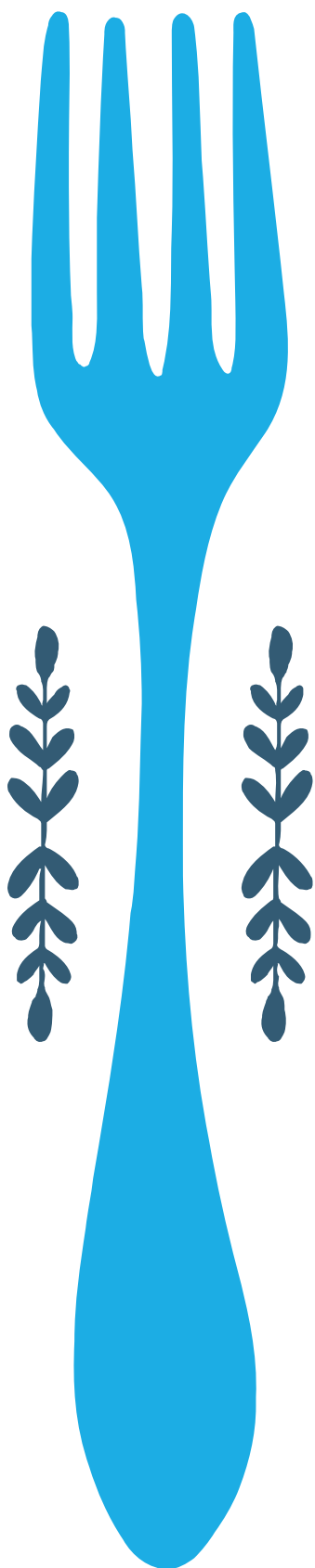
INGREDIENTS

1 tsp Country Range All Purpose Seasoning
1tbsp oil
1 boneless chicken breast
mixed salad leaves
¼ red pepper, diced
croutons
oil

Method

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1. Mix the All Purpose Seasoning with oil to make a marinade.
2. Spoon the marinade over the chicken and leave to stand for at least 30 minutes in the fridge.
3. Arrange the salad leaves, pepper and croutons on a plate.
4. Heat a little oil in a shallow frying pan over a medium high heat and cook the chicken marinated side down for a couple of minutes until golden.



5. Turn the chicken over and reduce the heat to medium, cook for a further 8-10 minutes turning over occasionally until cooked through.
6. Slice the chicken and serve with the salad. Alternatively the chicken can be grilled or cooked on a barbecue.