



CHICKEN AND SPINACH SALAD  
WITH LEMON DRESSING  
(4 PX)

4 free range chicken breasts  
250g Baby Spinach  
20 cherry Tomatoes  
50g pinenuts  
1 small red onion  
1 lemon  
100ml olive oil  
salt and pepper

1. Season chicken breasts with salt and pepper and pan fry over a medium heat till cooked through.  
(These can be served both warm or cold in the salad)
2. Dressing - grate the rind from the lemon then juice. Whisk this together with the olive oil and season to taste
3. Toast the pine nuts either in the oven on a dry baking tray, or over a medium heat in a frying pan. No oil is needed for this as the natural nut oils will stop the nuts from sticking. These will only take a few moments so be careful not to burn them
4. Cut the cherry tomatoes in half
5. Slice the red onion finely
6. Wash and spin the spinach
7. To assemble add your tomatoes, pine nuts and red onion to your spinach, slice chicken and place on top, drizzle some of your lemon dressing over the top and, hey presto, a light and tasty summer salad

With thanks to Aine the head Chef at itsa4 Restaurant on Sandymount Green, D4

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Domini Kemp, Chef and Co-Owner Itsa