

Fennel seeds chicken, kale salad with feta, figs and roasted hazelnuts |

Recipe for 4 servings

Description

Fresh but proteine consistent salad recipe. Ought to satisfy your hunger whether it is summer or winter!

Note

The seasoning of the chicken will make this salad even greater. Not only in the pan with the fennel seeds and the chilli flakes, but with proper salt and pepper before cooking.

Ingredients

Chicken

- 400 Gr Boneless chicken thigh
- 4 Unit(s) Green onion
- 0.50 Tsp Ground fennel seeds
- 0.25 Tsp Chili flakes
- Salt and pepper
- Olive oil

Salad

- 150 Gr Dry figs
- 1 Unit(s) Lemon juice
- 2 Sprig(s) Cabbage kale
- 1 Can(s) Chick peas (540 ml)
- 150 Gr Feta cheese
- 75 Gr Hazelnuts
- 0.50 Bunch(es) Chives
- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **400 F°**

Mise-en-place

Mince the spring onions and cut the chicken in nice cubes.

Roast the hazelnuts in the oven for roughly 5mins. With a pan, crush them into small chunks

Figs in small cubes also.

Use only the leaves, cut the kale.

Rinse the chick peas under cold water.

Chop the thinnest you can.

Chicken

In a hot pan, sear the chicken up to a good coloration, add the chilli flakes and the fennel seeds, and finish the cooking in the oven. While making sure it is fully cooked, it must not be dry.

Salad

Best if done the day before, put the figs, the hazelnuts, olive oil, spring onions, the lemon juice, salt and pepper altogether.

Then gently add all the remaining ingredients.

Montage

Generous quantity of salad and end with 6-8 cubes of chicken.

Bon appétit!