



Warm Chicken & Smoked Bacon Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

2 medium Skinless Chicken Breasts (Sliced Thin)
50 gr/ 2oz Diced Smoked Bacon (Streaky)
50 gr/ 2oz Chopped Red Onion
25 gr/ 1oz Diced Red Pepper
Salt & Pepper
Knob of Butter
4 Tbsp of Fresh Cream
25 gr/ 1oz Freshly chopped Parsley

Salad

200 gr Mixed Salad Leaves
8 Cherry Tomatoes Halved
50 gr/ 2oz Sliced Red Onion
50 gr/ 2oz Sliced Red Pepper
50 gr Chopped Cucumber

Dressing

80 ml Water
2 Tbsp Rice Vinegar
1 Tbsp Tomato Puree
1 Tbsp Chopped Fresh Chilli (Red)
4 Tbsp Castor Sugar

Instructions

Place the ingredients for the dressing into a small pot and simmer gently until the liquid thickens - about 5 mins - or until the liquid covers the back of a spoon. Leave to cool.

Wash & mix the salad ingredients in a bowl and leave to the side.

Heat up a pan and when hot place the knob of butter in along with the chicken pieces and diced bacon and cook gently for 6-8 mins over a gentle heat. Add the onion/red pepper/cream and cook until the chicken is cooked through and the cream has thickened.

Add salt and pepper to own choice.

Split the salad mix into 4 bowls/plates and then divide the cooked chicken equally between them. Drizzle the cooled dressing over the warm salad and dress with freshly chopped parsley and serve.