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
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WK43
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Garlic Chicken with Fattoush Salad & Dill Mayonnaise

We love fattoush; that Middle Eastern panzanella style salad studded with crispy shards of Lebanese bread. There's nothing quite like it. Garlicky chicken is topped off with this incredible dill and parsley mayonnaise – you won't know which bit to eat first!

 **Prep:** 15 mins
 **Cook:** 20 mins
 **Total:** 35 mins

 level 1
 eat me early
 helping hands

Pantry Items



Olive Oil



Red Wine Vinegar



Wholemeal Lebanese Bread



Free Range Chicken Breast



Garlic



Cherry Tomatoes



Kalamata Olives



Cucumber



Red Onion



Dill and Parsley Mayonnaise

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QTY	Ingredients	
2	wholemeal Lebanese bread, sliced into squares	
4-5 fillets	free range chicken breast, sliced in half horizontally	
2 tbs	olive oil *	
2 cloves	garlic, peeled & crushed	⊕
1 punnet	cherry tomatoes, halved	
1 tub	Kalamata olives (check for pits), halved	
2	cucumbers, sliced into half moons	🌿
¼	red onion, thinly sliced	⊕
2 tsp	red wine vinegar *	
1 tub	dill & parsley mayonnaise	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2460	Kj
Protein	42.2	g
Fat, total	36.1	g
-saturated	6.2	g
Carbohydrate	24.2	g
-sugars	5.4	g
Sodium	473	mg



You will need: *chef's knife, chopping board, garlic crusher, oven tray lined with baking paper, large frying pan, tongs, medium bowl, small jug, fork and small bowl.*

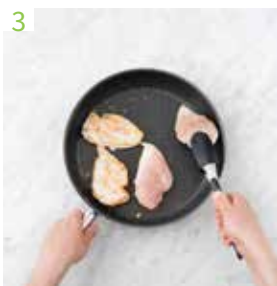
1 Preheat the oven to **160/180°C** fan-forced.

2 Place the **wholemeal Lebanese bread** on the prepared oven tray and spray or drizzle with a dash of olive oil. Cook in the oven for **5 minutes**, or until crispy. Set aside.



3 Meanwhile, in a large bowl rub the **chicken breast** with 2 tsp of the **olive oil**, **garlic**, and some **salt** and **pepper** until well coated. Heat a large frying pan over a medium-high heat. Add the chicken and cook for **4-5 minutes** on each side, or until cooked through. Set aside.

4 Combine the **cherry tomatoes**, **Kalamata olives**, **cucumber**, **red onion** and cooked Lebanese bread in a medium bowl. Whisk the **red wine vinegar** and the remaining olive oil in a small jug and season to taste with salt and pepper. Pour the dressing over the salad.



5 To serve, divide the salad between plates and top with the grilled chicken. Drizzle with the **dill & parsley mayonnaise**. Enjoy!



Did you know? Dill is a rich source of dietary fibres, vitamins C, B9 and B2 and minerals such as manganese, iron and calcium.