



(serving suggestion with asparagus, avocado, radishes & cucumbers)

Tarragon Chicken Salad with Cranberries & Hazelnuts

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For the chicken:

4 chicken breasts (approx. 2 # / shy of 1 kilo)

1 T Olive oil

1 slice of lemon

2 cloves of garlic

4-5 sprigs fresh tarragon

salt and pepper

Garnish:

2 stalks celery finely chopped (1 cup)

1 small red onion finely chopped (1/2 cup)

1 small red pepper finely chopped (1/2 cup)

½ small fennel bulb finely chopped (1/2 cup)

1 cup hazelnuts roasted, lightly chopped

½ cup dried cranberries chopped into smaller pieces

8 sprigs fresh tarragon (approx. 3 T) chopped

Vinaigrette:

½ cup olive oil

¼ cup white balsamic

1 T lemon juice

juice of 1 orange (approx. 6 T)

¼-1/2 cup of chicken jus (from cooking juice)

½ tsp salt

Instructions:

Preheat the oven to 400°F/200°C. Place the four breasts in a shallow roasting dish and drizzle with olive oil. Squeeze the lemon over the breasts and leave the slice in the pan. Season with salt and pepper and place the sprigs of tarragon around the breasts. Cover with aluminum foil. Bake for approx. 35-40 min until just done. Remove from the oven and let breasts sit covered till they cool (up to an hour or two). You will have some residual cooking here (breasts will continue to cook a bit). You will see a lot of juice and they will be very tender. Try not to nibble too much before you get it in the salad!

Roast the hazelnuts in a pan on medium or in the oven on 375°F/180°C till slightly brown and they begin to smell... good. Set aside to cool. Chop the celery, red onion, red pepper and fennel and place it in a large bowl.

Make the vinaigrette:

Mix all ingredients together in a small jar and shake well. Don't be afraid to adjust it to your liking.

Once hazelnuts are cooled take them and lightly roll them together between your hands to knock off some of the skins. Don't go crazy if they don't all come off.

Chop the hazelnuts fine- medium. Chop up the cranberries a little and mix them with the nuts so they don't stick together so much.

Now I prefer to shred the chicken for this salad but you could also cut it in cubes. Place shredded chicken in the bowl with the chopped vegetables. Add the nuts and cranberries and mix. Add the vinaigrette and mix well.

Now add the chopped tarragon and mix it in. Season with salt and pepper (white if you have it) to taste.

I served this on a bed of watercress, mache and arugula, asparagus that had been quickly cooked in salted boiling water and drizzled with fresh lemon, sliced avocado and marinated zucchini ribbons.

Enjoy eating healthy!