



CHICKEN SALAD WITH PRUNES,
PUMPKIN AND SUNFLOWER SEEDS
AND TOASTED TORTILLAS

SERVES 6

INGREDIENTS:

- 8 small, free range, skinned, boned chicken thighs
- 4 tbsp, plus 50ml, extra virgin olive oil
- 1 tsp dried oregano
- 2 cloves garlic, crushed
- 3 handfuls baby cos lettuce leaves
- 3 flour tortillas, toasted in the toaster until brown and crisp, broken into large, bite-sized pieces
- ½ cup Alison's Pantry Prunes, halved
- 1 red chilli, thinly sliced
- 3 tbsp lemon juice
- 3 tbsp each of Alison's Pantry Pumpkin and Sunflower Seeds, toasted
- Basil leaves for serving

METHOD:

1. Put chicken thighs, the 4 tablespoons of oil and oregano into a bowl. Toss to coat.
2. Season with salt and freshly ground black pepper.
3. Panfry or barbecue the chicken for about 6 minutes on each side over moderate heat, or until cooked through.
4. Remove and slice the chicken across the grain of the meat.
5. Put the cos leaves, tortillas, tomatoes, prunes and chilli into a large serving bowl.
6. Put the sliced chicken on top.
7. Mix the lemon juice and the remaining 50ml of oil.
8. Taste and season.
9. Drizzle this over the salad.
10. Sprinkle the seeds and basil leaves over everything.