

## CHICKEN SALAD WITH GRAPES

600 grams boneless chicken breast\*  
1 bay leaf  
1 small onion, quartered  
1 teaspoon sea salt

### SALAD

½ red onion, thinly sliced  
1 ½ cups seedless grapes, halved  
70g hazelnuts, roasted  
2-3 large handfuls rocket



### DRESSING

3 tablespoons olive oil  
1 tablespoon apple cider vinegar  
1 tablespoon wholegrain mustard  
1 teaspoon runny honey  
1 apple, julienned  
Sea salt and pepper

Put the chicken in a pan with the bay leaf, onion and salt and cover with cold water. Bring to a simmer and cook gently for 20-25 minutes (turning the chicken after 10 minutes or so). Transfer to a plate and cool.

Soak the sliced red onion in a bowl of cold water for 10 minutes. Drain well.

Add ingredients for dressing to a jar with a lid and shake well. Add to the salad bowl along with the apple. Cover the apple with the dressing completely.

Slice the chicken into bite-sized pieces and add to the salad bowl along with the rocket, red onion and grapes. Mix through well.

Transfer to a serving plate and decorate with the hazelnuts.

\*I make this salad after making chicken stock. Use a whole chicken to make beautiful chicken stock – Sally Fallon's 'Nourishing Traditions' has a good recipe. Take the chicken out after a couple of hours, separate the flesh from the bones and skin and return the bones and skin to the pot for another 2 hours. Then you have plenty for this salad and also for cold meat.

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