

Roast Chicken, British Brie and Nectarine Summer Salad

CHEESE MAKES A
Difference

to
Summer
Salads



Serves 4 | Prep time: 15 min | Cooking time: 30



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WARM ROAST CHICKEN, TASTY BRIE AND REFRESHING NECTARINE: THE PERFECT COMBINATION FOR THE PERFECT SUMMER SALAD.

INGREDIENTS

- 120g of British Brie sliced
- 400g of cooked, chopped chicken breast
- 2 ripe nectarines divided into slices
- 500g baby gem leaves, washed and dried
- 40g of toasted walnuts or macademia nuts
- 2 tbsp of olive oil
- 1 tbsp of balsamic vinegar
- Pinch of salt and pepper

METHOD

1. Oven bake chicken breasts thoroughly, cool slightly and cut or tear into pieces.
2. Create the dressing by mixing the olive oil and balsamic vinegar. Add a pinch of salt and pepper.
3. Mix half of the dressing with the baby gem leaves and arrange on a plate.
4. Arrange the nectarine slices, chicken pieces and slices of British Brie on top.
5. Drizzle the remaining dressing over the top, sprinkle with the toasted walnuts and serve.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

421kcal | 42g protein | 7.9g carbohydrate of which 7.8g sugars | 25g fat of which 7.6g saturates | 3.3g dietary fibre | 254mg sodium equivalent to 0.6g salt | 123mg calcium | 466mg phosphorus | 0.2µg vitamin B₁₂

