

Mustard Honey and Chicken

Ingredients

1 Kg of chicken fillets or tenderloins

3 rashers of bacon

Dressing

2 cloves of garlic

2 Tblspns of whole grain mustard

2Tblspns of honey

Juice of 2 lemons

2Tblspns of olive oil

Salad

2 good handfuls of mixed lettuce leaves

1 cup of cherry tomatoes or 2 tomatoes diced.

1 large avocado

Method

Combine all the dressing ingredients together and sit to one side.

Place the chicken in the frying pan with a little oil and cook, browning on both sides. When nearly done spoon 1/2 the dressing over the chicken and continue cooking.

The dressing will turn a lovely rich caramel colour.

Remove from pan and let cool slightly

Then cook the 3 rashers of bacon

Place on a plate or in a salad bowl the thinly sliced avocado and shallots and add the lettuce leaves and tomatoes. Slice the chicken fillets across the grain and place on top of the salad.

Cut up the bacon and place over the chicken. Spoon the remaining dressing over the chicken salad and serve

Tasty, tangy lunch idea.

