

# Lentil, shredded spinach and poached chicken salad

- **13 Ingredients**
  - **3 Method Steps**
- 

- ☐  
750ml (3 cups) water
- ☐  
1 halved brown onion
- ☐  
Pinch of salt
- ☐  
200g [chicken breast](#)
- ☐  
400g can brown lentils, rinsed and drained
- ☐  
2 celery sticks, finely chopped
- ☐  
50g roasted capsicum, sliced (not in oil)
- ☐  
2 tbsp fresh chives, chopped
- ☐  
75g spinach, shredded
- ☐  
1 tsp Dijon mustard
- ☐

1 tbsp lemon juice

- ☐

1 tsp extra virgin olive oil

- ☐

2 tbsp natural almonds, chopped

- ☐

- **Step 1**

---

Place water, brown onion, black peppercorns and a pinch of salt in a saucepan. Bring to the boil over high heat.

- **Step 2**

---

Add chicken and reduce the heat to low. Cover and simmer gently for 5 minutes. Remove from the heat and leave the chicken, covered, in the poaching liquid for 30 minutes. Transfer the chicken to a plate and set aside to cool slightly. Discard the liquid. Shred the chicken.

- **Step 3**

---

Combine the chicken, lentils, celery, capsicum, fresh chives and shredded spinach in a large bowl. Whisk mustard, lemon juice and extra virgin olive oil in a bowl. Add to the salad and toss to combine. Sprinkle with almonds.

---