

# Plum and spiced chicken salad

Succulent slices of spiced chicken top peppery rocket, herbaceous fennel and juicy plums in this refreshing salad. Finished with a honey-mustard dressing, it's the perfect lunch or light dinner.

- Serves 4
- Cooktime 10 mins 10 minutes
- Preptime 15 mins

## Ingredients

- 400g Coles Australian RSPCA Approved Chicken Breast Fillets
- 1 tsp ground fennel
- 1 tsp ground cumin
- 1 tsp ground paprika
- ½ tsp ground turmeric
- 1/3 cup (80ml) olive oil
- ¼ cup (60ml) red wine vinegar
- 2 tsp honey
- 1 tsp Dijon mustard
- 1 baby fennel, thinly sliced
- 120g pkt Coles Australian Baby Rocket
- 4 firm ripe plums, stoned, cut into wedges
- ¼ cup (20g) natural flaked almonds, toasted

## Nutritional information

Per Serve: Energy: 1507kJ/361 Cals (17%), Protein: 25g (50%), Fat: 23g (33%), Sat fat: 4g (17%), Carb: 10g (3%), Sugar: 9g (10%), Fibre: 4g (13%), Sodium: 134mg (7%)

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## Method

### 1. Step 1

Combine the chicken, ground fennel, cumin, paprika, turmeric and 1 tbs of the oil in a large bowl. Season well.

**2. Step 2**

Heat a barbecue grill or chargrill on medium. Cook the chicken on grill for 4-5 mins each side or until golden brown and cooked through. Transfer to a plate and cover with foil. Set aside for 5 mins to rest. Thickly slice.

**3. Step 3**

Meanwhile, combine the vinegar, honey, mustard and remaining oil in a screw-top jar. Season. Combine sliced fennel, rocket and plum in a large bowl. Drizzle with dressing. Toss to combine.

**4. Step 4**

Divide the salad among serving plates. Top with the chicken and sprinkle with almonds.