



Warm chicken & chicory salad

READY IN



180 min.

SERVINGS



4

CALORIES



871 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.6 kg meat from a rotisserie chicken whole
- ☐ 4 tbsp butter at room temperature
- ☐ 200 ml sherry vinegar
- ☐ 200 g peas frozen
- ☐ 3 tbsp olive oil
- ☐ 0.5 tsp caster sugar
- ☐ 50 g raisins
- ☐ 15 g pack dill roughly chopped
- ☐ 50 g salad leaves mixed (we used rocket and chard mix)

- ☐ 100 g pine nut toasted
- ☐ 4 servings top
- ☐ 3 heads a mixture green red
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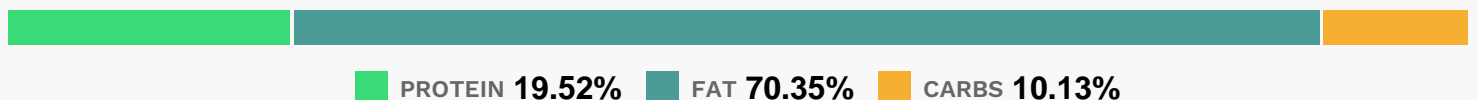
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Rub the chicken all over with butter and season well, inside and out. Sit it in a small roasting tin, pour the Sherry vinegar around, and cover with foil. Roast for 2 hrs.
- ☐ Meanwhile, get all of the remaining ingredients ready. Boil the peas for 1 min until just tender.
- ☐ Drain well, plunge into cold water to quickly cool, then drain again and set aside.
- ☐ Once your chicken has roasted for 2 hrs, remove from oven.
- ☐ Pour the juices into a jug, then increase oven temp to 220C/200C fan/gas
- ☐ Roast for a further 20–30 mins (without foil) until golden.
- ☐ Skim the fat from the juices, then boil until you have about 100ml of juices left. Stir in the extra tbsp of vinegar, olive oil and caster sugar, taste, then tip onto your serving dish with the raisins.
- ☐ When the chicken has finished its second roasting, leave until cool enough to handle (or pop on a pair of clean rubber gloves), then tear the meat in large pieces from the carcass, onto the serving dish.
- ☐ Add the dill, chicory, salad leaves, pine nuts and peas, then toss together with your hands.
- ☐ Serve straightaway with some crusty bread.

Nutrition Facts



Properties

Glycemic Index:79.68, Glycemic Load:7.99, Inflammation Score:-8, Nutrition Score:30.736521700154%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 871.13kcal (43.56%), Fat: 68.38g (105.19%), Saturated Fat: 18.31g (114.47%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 17.41g (6.33%), Sugar: 4.31g (4.79%), Cholesterol: 174.53mg (58.18%), Sodium: 248.02mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.7g (85.39%), Manganese: 2.57mg (128.48%), Vitamin B3: 15.52mg (77.61%), Phosphorus: 505.21mg (50.52%), Selenium: 29.28µg (41.83%), Vitamin B6: 0.82mg (41.1%), Vitamin C: 30.29mg (36.71%), Vitamin K: 36.08µg (34.36%), Zinc: 4.87mg (32.46%), Vitamin E: 4.82mg (32.11%), Magnesium: 127.46mg (31.87%), Vitamin A: 1444.83IU (28.9%), Copper: 0.57mg (28.31%), Iron: 4.82mg (26.8%), Vitamin B1: 0.37mg (24.46%), Vitamin B2: 0.4mg (23.67%), Potassium: 810.82mg (23.17%), Vitamin B5: 1.93mg (19.32%), Fiber: 4.73g (18.9%), Folate: 64.8µg (16.2%), Vitamin B12: 0.62µg (10.32%), Calcium: 57.61mg (5.76%), Vitamin D: 0.38µg (2.56%)