

## WARM CHICKEN SALAD

<i>Ingredients</i>	<i>Equipment</i>
<b>1 Double Chicken Breast</b>	<b>Chopping Boards Knives</b>
<b>1/3 Cup Oil</b>	<b>Spoon &amp; Cup Measures</b>
<b>½ Teaspoon Salt</b>	<b>Juicer</b>
<b>½ Teaspoon Pepper</b>	<b>Zester</b>
<b>1 Teaspoon Five Spice Powder</b>	<b>Large Mixing Bowl</b>
<b>3 Oranges</b>	<b>Medium Mixing Bowl Small Mixing Bowl</b>
<b>Lettuce</b>	<b>Whisk</b>
<b>½ Red Onion</b>	<b>Frypan</b>
<b>½ Red Capsicum</b>	
<b>3 Tablespoons Cider Vinegar</b>	
<b>1 Tablespoon Dijon Mustard</b>	

<b>What to do</b>
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- 1. Get out all required equipment**
- 2. Weigh and measure ingredients**

- 3. Remove the skin from the chicken and slice in thin pieces.**
- 4. Combine the oil, five spice powder, salt and pepper in the medium mixing bowl, add the chicken and rub the mixture into the chicken. Leave to marinate for approximately 10-15 minutes then cook in the frypan with a little oil.**
- 5. Meanwhile, peel and segment two of the oranges.**
- 6. Wash the lettuce and place in the large mixing bowl.**
- 7. Peel and slice the onion and place with the lettuce**
- 8. Slice the red capsicum and place with the lettuce.**
- 9. Zest and juice the third orange.**
- 10. Place the orange juice, orange zest, cider vinegar and Dijon mustard in the small mixing bowl and whisk.**
- 11. Place the lettuce mixture on a serving tray, top with the orange segments and chicken then drizzle the dressing over the top.**