

WARM CHICKEN SALAD

<i>Ingredients</i>	<i>Equipment</i>
1 Double Chicken Breast	Chopping Boards Knives
1/3 Cup Oil	Spoon & Cup Measures
1/2 Teaspoon Salt	Juicer
1/2 Teaspoon Pepper	Zester
1 Teaspoon Five Spice Powder/Woolworths Brand*	Large Mixing Bowl
3 Oranges	Medium Mixing Bowl Small Mixing Bowl
Lettuce	Whisk
1/2 Red Onion	Frypan
1/2 Red Capsicum	
3 Tablespoons Cider Vinegar	
1 Tablespoon Dijon Mustard*	

*Only Woolworths brand spices used with no traces of nuts

*See Product used on the CPS website

What to do

- 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.**
 - 12.**