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by Liz Robb

Spicy Chicken Salad With Roquefort Dressing

Ingredients

2 chicken breasts
1 tablespoon of hot pepper sauce or spicy ketchup
1 teaspoon of paprika
A quarter teaspoon of chilli powder
Salt
Black pepper
3 heaped tablespoons of thick Greek yoghurt
1 lemon
60g Roquefort cheese
Extra virgin olive oil
Baby Cos lettuce
1 stick of celery
A few radishes
A small piece of cucumber
A few spring onions
A handful of cherry tomatoes
Servings
2
Person

Preparation

1. Mix together the hot sauce, paprika and chilli powder and add a good grinding of black pepper. Turn the chicken breasts in the marinade to coat them completely and then cover the bowl and place in the fridge for at least an hour.

2. Stir 4-5 teaspoons of lemon juice and half a teaspoon of olive oil into the Greek yoghurt. Crumble in the Roquefort cheese and then pulse briefly in a blender or food processor. Season with black pepper and a pinch of salt then cover and chill.

3. Roughly chop a few lettuce leaves, thinly slice the celery and radishes, cut the spring onions into short lengths, peel and slice the cucumber and halve the cherry tomatoes. Mix the salad together.

4. Preheat the oven to 200 degrees, 180 degrees fan oven. Heat a griddle pan, brushed with a tablespoon of olive oil. Cook the maninated chicken breasts in the hot pan for 2-

3 minutes on each side to brown them.

5 Place the chicken on a small lightly greased oven tray and cook for 12-15 minutes, or until cooked right through.

6 Spoon the blue cheese dressing into two small dip bowls, crumbling a little more Roquefort on top. Slice the chicken breasts and serve on top of beds of salad with the dip on the side.

Cooks Note

Add some spice to your chicken salad with a simple marinade, then serve it with a creamy blue cheese dip.

This marinade is certainly spicy but not very hot; add more hot sauce or chilli if you prefer more heat.
You can, of course, use other blue cheeses if you don't have Roquefort.