

# Warm Chicken Salad with Garlic Mushrooms

## Ingredients

- 2 chicken legs or 4 thighs
- 2 tbsp olive oil
- 100g shiitake or chestnut mushroom, sliced
- 4 garlic cloves, crushed
- 1 tsp fresh thyme
- 140g bag herb salad
- garlic bread, to serve



## Method

1. Preheat the oven to 220°C/Gas 7/fan oven 200°C.
2. Rub the chicken pieces with the olive oil, salt and pepper, then put them skin side down in a small casserole or roasting tin.
3. Roast in the oven for 30 minutes. Remove from the casserole and set aside. Leave the oven on.
4. Spread the mushrooms, garlic and thyme in the casserole or tin and place the chicken pieces on top, this time skin side up.
5. Pour 200ml/7fl oz hot water around the chicken and return the casserole or tin to the oven for another 30 minutes, stirring and checking after 15 minutes that there is enough liquid to form a stock, as this will be the dressing. If there isn't, add a little more hot water.
6. Remove the casserole from the oven and allow to cool slightly.
7. Using a fork and your fingers, finely shred the chicken into a bowl. Add the mushrooms, garlic and all the juices from the casserole. Mix well and season.
8. To serve, sprinkle the salad leaves into the mushroom and chicken mixture and gently toss them through so they just wilt a little in the warmth.
9. Serve the salad in a large bowl or on a platter, with some garlic bread on the side.

## Notes

Serves 2

Nutrition: per serving

| kcal | fat | saturates | carbs | sugars | fibre | protein | salt  |
|------|-----|-----------|-------|--------|-------|---------|-------|
| 385  | 30g | 7g        | 2g    | 0g     | 1g    | 27g     | 0.29g |