

## Poached chicken Waldorf salad

**Ingredients:** (Serves 4)

1L reduced-salt chicken stock  
2 bay leaves  
2 garlic cloves, roughly sliced  
1 teaspoon black peppercorns  
½ bunch of parsley, leaves picked  
2 chicken breasts  
¼ cup crème fraiche  
juice of ½ lemon  
1 tablespoon Dijon mustard  
1 tablespoon olive oil  
½ bunch of chives, finely sliced  
pinch of salt  
2 witlof, leaves separated  
2 green apples, thinly sliced  
2 celery stalks, thinly sliced  
3 spring onions, thinly sliced  
⅓ cup walnuts, roasted, roughly chopped

**Method:**

1. Combine stock, bay leaves, garlic, peppercorns and parsley stalks (reserve leaves for salad) in a medium saucepan. Bring to the boil over high heat before adding chicken breasts. Bring back to the boil, then place lid on and remove from heat. Leave for 20 minutes or until chicken has cooked through. Remove chicken from poaching liquid and set aside to rest before slicing across the grain.
2. Meanwhile, stir crème fraiche, lemon juice, Dijon mustard, olive oil, chives and a pinch of salt in a medium bowl. Gently stir through witlof, apple, celery, spring onions, walnuts and parsley leaves.
3. Divide salad between serving plates and top with sliced chicken.