

# Torn Chicken Salad with Blue Cheese and Gems

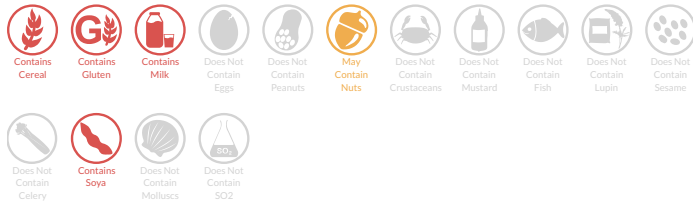
## Ingredients

Product	Quantity
Roasted Chicken Fillets 160-180g	1500.00 g
Scotty Brand Little Gem Lettuce Twin Pack	2.00 g
The Cumbrian Sausage Company Smoked Dry-Cured Streaky Bacon 200g	80.00 g
Daylesford Organic Natural Yoghurt 450g	4.00 g
Organico Extra Virgin Olive Oil 1 Litre	1.00 g
Gourmet Garden Crushed Garlic 75g	1.00 g
Tree of Life Coarse Sea Salt 750g	1.00 g
Fudco Whole Black Pepper 100g	1.00 g
Beauvale Full Fat Soft Blue Cheese	100.00 g
Kara Hand Crafted Tiger Bloomer Loaf 8 x 800g	20.00 g

Serves: 6

## Allergy Information

Key: **Contains** **May Contain**

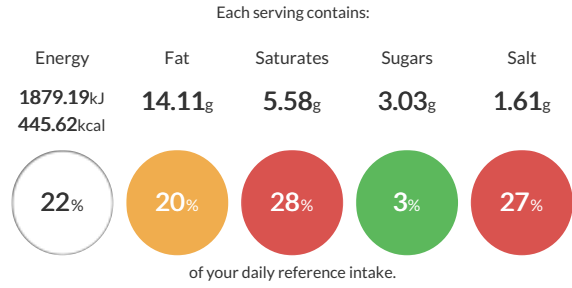


## Dietary Information

Key: **Suitable for**



## Reference Intake



## Nutritional Summary

Energy	1879.19kJ 445.62kCal
Protein	74.48g
Carbohydrates	4.69g
of which sugars	3.03g
Non Milk Extrinsic Sugars	0g
Fat	14.11g
of which saturates	5.58g
Fibre	0.19g
Salt	1.61g
Sodium	0.01g
Iron	0mg
Calcium	1.33mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

## Method & Recipe Notes

1. First cut the bread into 1cm cubes & shallow fry with the bacon in a little olive oil until golden brown. Drain on kitchen paper.
2. Cut the bottom of the gems, wash, pat dry & toss in a bowl with a little olive oil.
3. Scatter the leaves between 6 plates & using your fingers tear strips off the breast of chicken. Scatter over the bacon & croutons.
4. Beat the blue cheese in a bowl until smooth & fold in the yoghurt & garlic.
5. Drizzle the dressing over the salad & season with a pinch of sea salt & freshly milled pepper.

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