

HAPPY INTERNATIONAL ROOIBOS DAY

GREEN SALAD WITH CHICKEN & ROOIBOS



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School Club

INGREDIENTS:

For the Chicken

- 1 tsp (5 ml) olive oil
- 2 skinless chicken breasts
- 80 ml brewed Rooibos tea
- 1 bay leaf

For the Salad & Dressing

- ½ tbsp mild prepared mustard
- 3 tbsp lemon juice or white grape vinegar
- 1 tsp honey
- 3 tbsp olive oil
- ½ tsp dried oregano
- Freshly ground black pepper, to taste
- 100 g broccoli florets
- 1 cup frozen peas, rinsed
- ¼ cucumber, sliced
- Mixed lettuce leaves, to serve

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INSTRUCTIONS:

1. Heat the oil in a wide pan over medium heat. Add the chicken and cook on both sides until lightly browned.
2. Lower the heat and pour in the Rooibos tea. Add the bay leaf, cover the pan and allow the chicken to simmer for 20–25 minutes, or until fully cooked. Remove from the pan and set aside to cool. Once cool, pull the chicken into bite-sized pieces.
3. **Prepare the dressing:**
Combine the mustard, lemon juice, honey, oil and oregano in a small bowl. Season with black pepper. Spoon a little of the dressing over the shredded chicken and mix through.
4. Place the broccoli and peas in a bowl and cover with boiling water. Leave for 7–10 minutes until tender but still vibrant. Drain well and rinse with cold water.
5. **Assemble the salad:**
Combine the vegetables, chicken and cucumber in a bowl. Gently mix through the lettuce and serve with the remaining dressing.