

Chicken & Apple Salad with Mint



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- Sub Category Name
Food
Salads & Dressings
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The Dilmah Book of Tea inspired Cuisine & Beverage

Used Teas



t-Series Natural
Rosehip with
Hibiscus

Ingredients

Chicken & Apple Salad with Mint

- 2 bags Dilmah Pure Peppermint Leaves
- 2 stuffed chicken breasts (please note stuffing ingredients below)
- 1 cup (250ml) chicken stock
- 2 apples (green and red)
- 1 lemon
- 50ml White wine vinegar
- 50ml Olive oil



- 1 teaspoon sugar
- Parsley chopped
- 5 pitted black olives

Ingredients for stuffing

- Nuts
- Herbs
- Minced Chicken
- Spinach
- Small tomatoes

Methods and Directions

Chicken & Apple Salad with Mint

- Steam the chicken and slice.
- Core the apple and cut into cubes and combine with lemon juice.
- Infuse the tea bags in warm white wine vinegar for 10 minutes; squeeze the tea bags and discard.
- Combine chopped olives, parsley, olive oil, sugar and vinegar.
- Mix the diced chicken and apples into the vinegar dressing.

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