Za'atar Chicken with Hearts of Palm & Orange Salad

Sweet orange segments and tinned hearts of palm against warm, herby seared chicken.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**15 min**	**30 min**	**4**	**EASY**

Ingredients

- 400 g chicken breast
- 100 g curly lettuce
- 200 g green beans (trimmed)
- 1 tbsp za'atar
- 100 g tinned hearts of palm (sliced)
- 1 tomato (diced)
- 2 small oranges (segmented)
- 1 tsp sea salt
- 1 tbsp olive oil

Method

1. Bring a pot of water to the boil. Season the chicken with salt and za'atar.
2. Heat the oil in a pan and sear the chicken for about 6 minutes, until golden and cooked through, flipping halfway.
3. Blanch the green beans in the boiling water for 3 minutes, then drain and season with a little oil, salt and pepper.
4. Tear the lettuce into a bowl and add the tomato, hearts of palm, green beans and orange segments. Dress with olive oil, salt and pepper.
5. Slice the chicken and serve alongside the salad.

Tips & swaps

- Za'atar is widely available in UK supermarkets now — check the world foods or spice aisle.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
300	**32g**	**16g**	**11g**	**5g**

Estimated values, for guidance only.