



www.rannochsmokery.com

Chicken, Beetroot and Orange Salad

Ingredients

(Serves 4)

Preparation and cooking time: 7 minutes.

This salad looks and tastes fantastic, yet only takes minutes to prepare.

Rannoch Smokery Smoked Chicken is already cooked and the rich white meat has a wonderful smoky herb flavour which is perfectly partnered by juicy fresh oranges and toasted cumin seed.

2 tsp cumin seed

250g cooked and peeled beetroot

2 oranges, peeled and chopped

2 Handfuls of rocket

Half a Rannoch Smokery Smoked Chicken, cut into chunks

2 tsps lemon juice

1 tsp honey

3 tbsps olive oil

3 tbsps pine nuts

Method

Toast the cumin seed in a frying pan, until just fragrant. Remove and pound in a pestle and mortar.

Mix the beetroot, orange pieces and Rannoch Smokery Smoked Chicken together in a bowl.

Make dressing by mixing lemon juice, honey and olive oil together and pour over the salad.

Toast pine nuts in a frying pan, taking care not to catch fire. Sprinkle on top of the salad and serve.