

Kate's Chicken Panzanella Salad for one



This is my version of one of my favourite dishes at one my favourite regular spots.

INGREDIENTS FOR SALAD

¼ baguette (or other thick white bread, like focaccia),
cut into chunks and toasted until dry (or use stale
bread, even better!)

2 medium ripe tomatoes, cut into large chunks

½ red onion, cut into rough chunks

chicken breast

optional other additions: olives, capers, cucumbers,
toasted pine nuts, fresh basil leaves,
fresh mozzarella or feta.

SALAD DRESSING

Make double or triple this recipe and keep in a container
in the fridge - will last at least a week or longer.

3 Tbsp good olive oil

1 Tbsp lemon juice

1 garlic clove crushed or finely minced
(substitute shallots for a milder version)

1 tsp Dijon mustard

1/2 tsp honey to cut the tartness
(optional)

Salt & pepper to taste

Combine vinaigrette ingredients slowly while
whisking to form an emulsion. Season with salt &
pepper to taste.



ASSEMBLING THE SALAD

Grill or roast the chicken breast until just done and roughly chop into bite-sized
chunks.

Toss the toasted or stale bread, the chopped tomatoes and onions with the hot
chicken. Pour the vinaigrette over it and toss again to combine, making sure that
everything is coated nicely and the bread starts soaking up the vinaigrette and gets a
little soft.