



JERNEJ KITCHEN

SALAD WITH POTATO VINAIGRETTE AND GRILLED CHICKEN

Super delicious, easy to make, spring inspired and creative. Wonderful.

SERVES	2	PEOPLE
PREPARATION:	20	MINUTES
COOKING:	20	MINUTES

POTATO VINAIGRETTE

1 medium size potato
1/4 onion, peeled
1 garlic clove
5 tbsp olive oil
1 tbsp apple cider vinegar
1 tsp dijon mustard
1 handful of mixed fresh herbs
(thyme, chives, tarragon)
sea salt, black pepper

SALAD WITH GRILLED CHICKEN

1 chicory
2 handfuls of spring lettuce
2 sprigs chives
1 handful of wood sorrel (optional)
1 handful of nettle flower (optional)
5 leaves lemon balm
1 handful of sprouting broccoli
180 g chicken breasts
1 tbsp olive oil
sea salt, ground black pepper

COOK THE POTATO

Peel the potato and cut in on small cubes. Peel the onion and garlic. Place them all in a pot, filled with 1 liter of salted cold water. Place over high heat and cook for 20 minutes.

POTATO VINAIGRETTE

Drain the potato, onion and garlic. Save 150ml of cooking water. Add the potato, onion, garlic, saved water, olive oil, dijon mustard, apple cider vinegar and herbs to a blender jug. Blend until you get a nice, silky vinaigrette. Season to taste with salt and pepper.

CLEAN THE VEGETABLES

Clean the chicory and salad leaves. Roughly chop the chives. If we are using nettle flowers and wood sorrel clean those too. Clean the sprouting broccoli and tear it apart to get smaller pieces. Slice the chicken breasts in half, season with salt and pepper. Place a pan over high heat, add olive oil and pan fry the chicken breasts for 3 minutes on each side. Cut them on stripes while still hot.

SERVE

Place the vegetables, lettuce and half of the herbs into a salad bowl. Pour half of the vinaigrette over the mix. Add the chicken stripes, pour the rest of the vinaigrette over and also add the rest of the herbs. Serve the salad with homemade bread or if you want to make it even more special, you can add a soft boiled egg or radishes. Bon appetite.

TOOLS AND EQUIPEMENT

pot
kitchen knife

Sponsored

peeler
pan
salad bowl