

Tunisian Tabil Chicken Salad

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Tunisian Tabil Chicken Salad
AFRICAN, MOROCCAN

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DIETARY:

MAKING THIS RECIPE

Ingredients

- 150g diced chicken breast
- 1 can chickpeas, drained and rinsed
- 2 portions of lettuce, chopped
- 2 tomatoes, sliced into quarters
- ¼ onion, thinly sliced
- 2 tsp [Tabil Spice Blend](#)
- Handful of chopped parsley
- 2 garlic cloves, minced
- 2 tsp chopped ginger
- 6 tbsp tomato sauce
- 4 tbsp apple cider vinegar
- 2 tbsp olive oil
- 1 lime for serving
- Pinch of salt
- Pinch of pepper

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Method

Step 1:

In a bowl, mix sprinkle the Tabil Spice Blend over the chicken and mix well, making sure it's all coated evenly.

Step 2:

Heat the olive oil over a medium flame and cook the chicken for around 2 minutes until golden brown. Remove from the pan and set aside.

Step 3:

In the same pan, add the garlic, ginger, apple cider vinegar and tomato sauce and stir well for around a minute or until simmering.

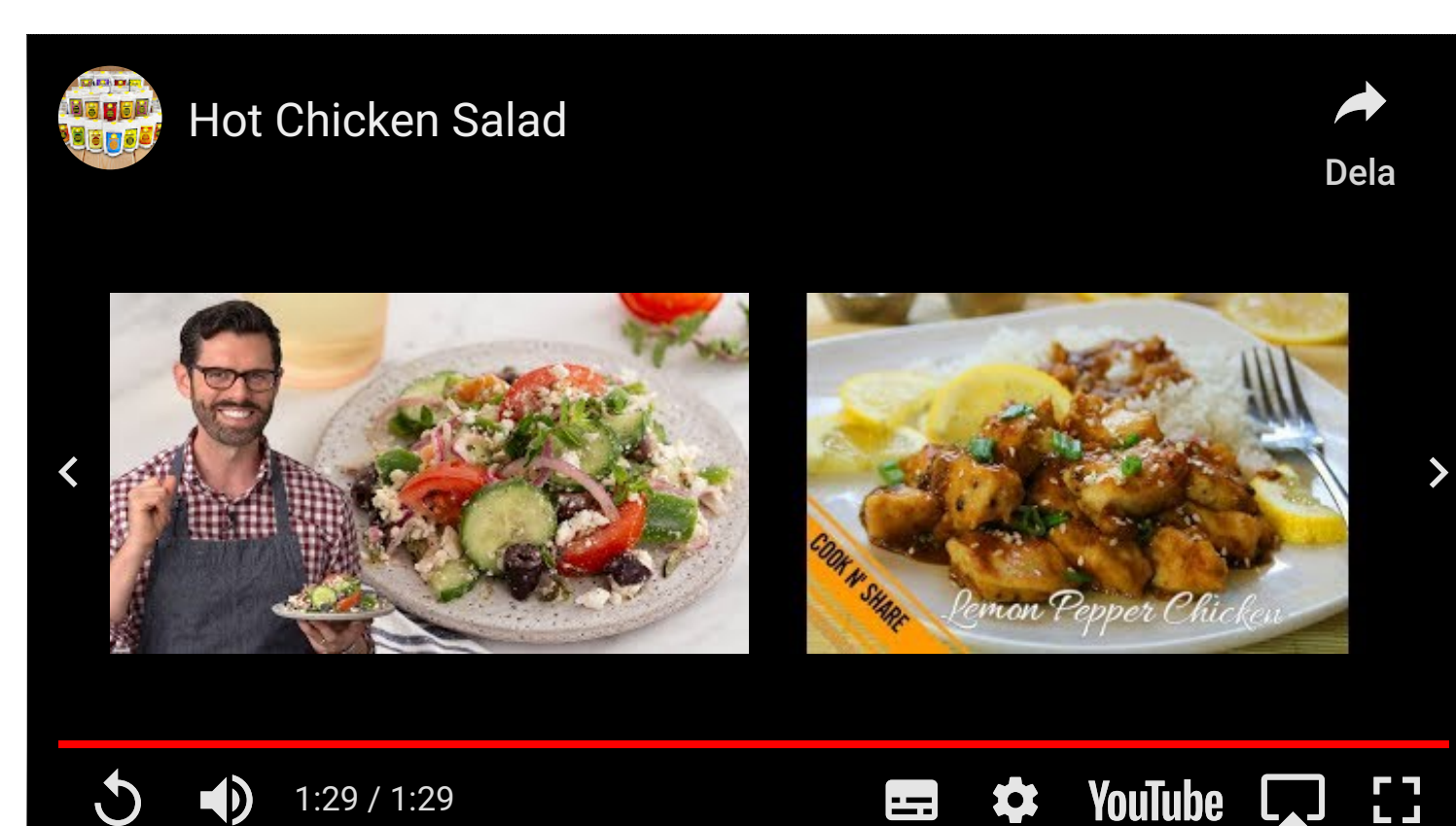
Step 4:

Reduce to a low flame and add the chicken back in. Cover and cook for around 5 minutes until the chicken has cooked through.

Step 5:

Once the chicken is cooked, prep your salad by adding the chicken, lettuce, tomatoes, chickpeas, onions and parsley to a large bowl. Add a pinch of salt and pepper to taste and mix well.

Serve with a squeeze of lime.



Buy the ingredients for this recipe

