



Sweet Chicken Fennel Salad

Recipe By MARC and ANGELA RYAN

SERVES: 4-5

SALAD:

- ☐ 1 Ingles Lemon Pepper Rotisserie chicken
- ☐ 2 fennel bulbs
- ☐ 1 green apple
- ☐ 1 cup pomegranate seeds
- ☐ 3 celery stalks
- ☐ 1/3 cup candied pecans
- ☐ 1/4 cup fresh mint, chopped
- ☐ 1 1/2 cups parsley, chopped

LEMON HONEY DRESSING:

- ☐ 1 tbsp Laura Lynn honey
- ☐ 1 tbsp apple cider vinegar with honey
- ☐ 1/4 cup lemon juice
- ☐ 1/4 cup olive oil
- ☐ salt and pepper, to taste

DIRECTIONS:

- ☐ 1. Remove the stem of each fennel bulb. Cut each fennel bulb in half and then in half again until you're left with four equal parts. Cut the core out of each quarter and then slice into thin strips.
- ☐ 2. Cut the green apple in half, remove the seeds, and core. Slice each half into thin wedges or slice into thin strips.
- ☐ 3. Horizontally line celery stalks together and cut the ends off each side. Cut each stalk in half and proceed to cut julienne style to produce thin matchstick pieces.
- ☐ 4. Add the fennel, apple, celery, pomegranate seeds, candied pecans, chopped parsley and mint into a large salad bowl. Toss together until blended.
- ☐ 5. Place the rotisserie chicken on a cutting board, breast side down. Tear off chicken meat in short, thin, shredded strips.
- ☐ 6. In a mixing bowl, add the honey, lemon juice, apple cider vinegar with honey, olive oil and salt and pepper to taste. Blend until smooth.
- ☐ 7. Using tongs place a serving of salad on a salad plate. Top with rotisserie chicken and drizzle lemon dressing to taste.
- ☐ 8. Garnish with a pinch of parsley and candied pecans.

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