

Arugula salad with puh lentils, smoked chicken & artichoke dressing



Preparation time: 30 minutes
Cooking time: 15 minutes

Ingredients:

1 cup puh lentils
1 tablespoon diced carrots
1 tablespoon diced celery
100g arugula salad leaves, washed
2 tablespoons balsamic vinegar
2 tablespoons ETA SAL-FRY Oil
Salt & pepper
2 smoked chicken breasts
4 small Pampas Pie Shells, no lid needed
1 egg yolk
4 tablespoons cream

Soak the puh lentils for 1 hour in cold water then blanch for 25 minutes in boiling, salted water. Blanch the diced carrots and celery for 3 minutes in boiling water and refresh in ice water.

Allow to drain. In a medium salad bowl, combine the arugula leaves with the puh lentils and diced vegetables. Drizzle with balsamic vinegar and ETA SAL-FRY Oil. Season with salt and pepper and toss gently. Slice the smoked chicken and add to the salad. Put aside.

Combine the egg yolk and cream and brush over the Pampas Pie Shells. Bake for 10 to 15 minutes at 180 degrees or until golden brown. Allow to cool.

Artichoke Dressing

250g artichoke hearts, cooked
1 cup ETA Mayonnaise
1 tablespoon chopped tarragon
Salt & pepper

Place the artichoke hearts in a kitchen blender and puree. In a small bowl, combine the ETA Mayonnaise with the artichoke puree and chopped tarragon and season with salt and pepper.

To assemble the dish, place the Pampas Pie Shells in the centre of each plate and fill with the arugula salad and smoked chicken. Spoon artichoke dressing on top and serve immediately.

Cost price: \$ 4.54

Based on a 70% profit margin the individual sales price would be: \$ 13.70

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