

## **CHICKEN, FLAGEOLET BEANS, ROAST PLUM TOMATO & FENNEL SALAD**

(Serves 4) cooking time 2 hours

### **Ingredients:**

#### **For the tomatoes:**

8-12 plum tomatoes

Chopped thyme

1 1/2 tbsp extra virgin olive oil, sea salt and freshly ground black pepper

#### **For the chicken:**

2 French-trimmed chicken breasts

#### **For the salad:**

2 heads fennel

400g canned flageolet beans, drained and rinsed

1 red onion, thinly sliced

small handful of bean sprouts

Small handful flat-leafed parsley

2tbsp lemon juice

#### **For the truffle dressing:**

2 tbsp soy sauce

1 1/2 tbsp extra virgin olive oil

1 tbsp truffle oil

2 tbsp lemon juice

### **Method:**

1. Preheat the oven to 180C/gas 4. Line a baking tray with baking parchment.
2. Cut the tomatoes in half lengthways and place on the tray, cut side up. Drizzle with olive oil, season lightly and bake for about 1 1/2 hours, until they colour and shrink a little (if after an hour they start to colour too much - cover with foil).
3. Season the chicken breasts and grill over a high heat for about 8 to 10 minutes, depending on the thickness of the breasts. Remove from the steamer, cover with cling film or foil and leave to cool to room temperature.
4. Thinly shave the fennel and place in iced water to crisp up.
5. Mix the beans with the sliced onion, bean sprouts, parsley and lemon juice and season lightly.
6. For the dressing, mix together the soy sauce, olive oil, truffle oil and lemon juice. Taste and adjust the seasoning as necessary.
7. Divide the bean salad between 4 plates and sit the tomato halves on top. Slice each chicken breast into 4 pieces and arrange over the bean salad. Toss the fennel with the dressing, scatter over the chicken and serve.