

# Chicken Risone Salad

## Ingredients

- 3 chicken fillets
- 2 cups risone (orzo)
- 1/2 red onion
- 1 red capsicum
- 6oz / 200g sugar snap or snow peas
- 2 spring onions
- 5 tbsp lemon juice
- 1 tbsp minced garlic
- 1 tbsp dill
- 1/2 tsp honey
- olive oil
- salt
- pepper

## Method

1. Season chicken with 1/2 tsp olive oil, 1 tsp salt, 1/4 tsp pepper, and 1 tbsp lemon juice.
2. Finely dice the red onion and capsicum, and fry it with the chicken and garlic.
3. Shred the chicken into bite-sized pieces, cut the sugar snap peas and spring onions on the diagonal, and finely chop the dill.
4. Cook and drain the risone.
5. Make a dressing from 1 tbsp olive oil, 4 tbsp lemon juice, 1/2 tsp honey, salt and pepper to taste.
6. Mix everything together.

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