

# Chicken salad with Cashew Nuts

Preparation :  
**20 minutes**

Cooking time :  
**10 minutes**

Difficulty :  
**Easy**



**SERVES 6**



## INGREDIENTS

- 300 g of chicken breast
- 1 cos lettuce
- 2 onions  
(not too strong)
- 200 g of cashew nuts
- 1 handful of bean sprouts
- 2 untreated lemons
- 2 desertspoons of chopped flat-leaved parsley
- 4 desertspoons of fromage blanc (40% fat content)
- salt and pepper

## PREPARATION

Boil the bean sprouts, then let them drain and cool.

Steam the chicken breasts for 10 minutes. Leave them to cool and cut into slices.

Clean, wash and dry the lettuce. Peel and finely chop the onions. Squeeze the lemons.

Prepare the sauce by blending the fromage blanc, the lemon juice and the parsley along with the salt and pepper.

Put the other ingredients together in a salad bowl. Mix them carefully and then add the sauce. Keep in a cool place until ready to serve.



*Cashew grow on cashew trees. India is the principal source nowadays.*