

Ye?il Fasulyeli Tavuk Salatas?

Fresh and healthy green bean chicken salad with mustard dressing. Perfect for lunch or dinner - crispy vegetables, tender chicken in a light sauce.

20 min

HAZIRLIK

20 min

PI?IRME

40 min

TOPLAM

4

PORSIYON

Medium

ZORLUK

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Malzemeler

- 2 chicken meat
- 1 lemon
- 2 tbsp mustard
- 6 tbsp olive oil
- 300 g green bean
- 1 cup basil
- 1 bunch lettuce
- 4 sprig scallion
- 1 bunch radish
- 1 cup pickled peppers
- 1 tsp salt
- 1 tsp black pepper
- 1 avocado

Yap?l???

- Cook the Chicken**

Fill a large pot with water and add 1 teaspoon salt. Bring to a boil over high heat, then add the 2 chicken breasts. Reduce heat to medium-low and simmer for 15-18 minutes until the internal temperature reaches 165°F (74°C).
- Remove chicken from the pot and let rest for 10 minutes. Shred or cut the chicken into bite-sized pieces and set aside.**
- Prepare the Green Beans**

Bring a large pot of salted water to a boil. Trim the ends of the 300g green beans and add them to the boiling water. Cook for 3-4 minutes until bright green and tender-crisp.
- Drain the green beans immediately and plunge into a bowl of ice water to stop cooking. Once cooled, drain again and pat dry with paper towels.**
- Make the Dressing**

Cut the lemon in half and squeeze the juice from one half into a small bowl. Add 1 teaspoon mustard and whisk together. Slowly drizzle in 6 tablespoons olive oil while whisking continuously until emulsified.

- 6 Season the dressing with 1 teaspoon salt and pepper to taste. Set aside.
- 7 **Prepare the Vegetables**
Wash and roughly chop the 1 bunch lettuce into bite-sized pieces. Finely chop the 1 bunch green onions and 4 sprigs fresh basil. Thinly slice the 1 cup radishes.
- 8 **Assemble the Salad**
In a large serving bowl, combine the chopped lettuce, green onions, and basil. Add the cooled green beans, sliced radishes, and shredded chicken.
- 9 Pour the dressing over the salad and toss gently until all ingredients are evenly coated. Taste and adjust seasoning with additional salt and pepper if needed.
- 10 Serve immediately at room temperature, or refrigerate for 30 minutes before serving for a chilled salad.

?puçlar?

Use a meat thermometer to ensure chicken reaches 165°F (74°C) internal temperature for food safety while remaining juicy.

Blanch green beans in boiling salted water for 3-4 minutes, then immediately transfer to ice water to stop cooking and preserve their bright color and crisp texture.

Make the mustard vinaigrette by slowly whisking olive oil into the lemon juice and mustard mixture to create a stable emulsion.

Taste and adjust seasoning at the end - the salad may need more lemon juice for brightness or salt to enhance all the flavors.

For best results, let the salad rest in the refrigerator for at least 30 minutes before serving to allow flavors to meld together.

Store leftover dressing separately from the salad components to prevent the greens from becoming soggy.

Add delicate herbs like basil just before serving to prevent them from darkening and losing their fresh flavor.