



Chicken salad with lemon mayonnaise

1 egg yolk
1 tsp Dijon mustard
juice and rind of half a lemon
4 ripe plum tomatoes
150 ml olive, avocado, hemp seed or other cold pressed oil
Salt and pepper
2 small little gems or 1 Cos lettuce, washed and shredded
Small bunch of watercress, washed and picked
Sprouted alfalfa or broccoli seeds
1 cooked cold chicken breast or 2 thighs, sliced

Serves 2

Place the egg yolk, mustard, lemon juice and rind, and seasoning in a blender and switch on. Drizzle in the oil in a slow, steady stream. Some blenders have a lid with a small hole to make this easier. You will know when the mayonnaise has the right amount of oil when it thickens. Layer the salad ingredients on two plates and top with the mayonnaise.

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