

Chicken Salad with Green Beans

Fresh Green Bean Chicken Salad with mustard vinaigrette - a healthy, protein-packed meal perfect for lunch or dinner. Easy 40-minute recipe.

20 min

PREP

20 min

COOK

40 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 2 chicken meat
- 1 lemon
- 2 tbsp mustard
- 6 tbsp olive oil
- 1 lb 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

Instructions

1 Cook the chicken

Place 1 lb chicken breasts in a large pot and cover with cold salted water by 2 inches. Bring to a boil over high heat, then reduce heat to medium-low and simmer for 15-18 minutes until chicken reaches 165°F (74°C) internally. Remove chicken and let cool for 10 minutes, then shred or cut into bite-sized pieces.

2 Blanch the green beans

Bring a large pot of salted water to a rolling boil. Add 1 lb green beans and cook for 3-4 minutes until bright

green and crisp-tender. Immediately transfer to a bowl of ice water to stop cooking, then drain thoroughly and pat dry.

3 **Make the dressing**

Whisk together 2 tbsp lemon juice and 2 tbsp Dijon mustard in a small bowl. Slowly drizzle in 6 tbsp olive oil while whisking constantly to create a smooth emulsion (mixing the oil and acid together). Season with salt and pepper to taste.

4 **Prepare the vegetables and herbs**

Wash and roughly chop 1 bunch lettuce into bite-sized pieces. Thinly slice 1 bunch radishes and 1 bunch green onions. Roughly chop the leaves from 4 sprigs fresh parsley and 1 bunch fresh basil.

5 **Assemble the salad**

Combine the cooled shredded chicken, blanched green beans, chopped lettuce, sliced radishes, green onions, parsley, and basil in a large serving bowl. Toss gently to distribute ingredients evenly.

6 Pour the lemon-mustard dressing over the salad and toss gently until all ingredients are well coated. Taste and adjust seasoning with additional salt and pepper if needed. Serve immediately or refrigerate for up to 30 minutes to let flavors meld.

Tips

Use boneless, skinless chicken breasts for the most tender results, and don't overcook them to prevent dryness.

Blanch green beans for only 3-4 minutes to maintain their vibrant color and crisp-tender texture.

Make the mustard vinaigrette by slowly whisking the oil into the lemon-mustard mixture to create a proper emulsion.

Allow the salad to rest in the refrigerator for at least 30 minutes before serving to let the flavors meld together.

Toast any nuts or seeds you add for extra flavor and crunch.

Season each component separately - the chicken while cooking, the blanching water for the green beans, and adjust the dressing to taste.

For meal prep, store components separately and assemble portions as needed throughout the week.

Bring the salad to room temperature for 10-15 minutes before serving for the best flavor.