

Recipe of the Week

August 13, 2018



Blackened chicken with fennel slaw

Charred and smoky chicken combines with a light, fresh taste from the fennel slaw to make this a balanced meal for your palette. You'll get four servings with this three-step recipe.

Ingredients

- 1 1/4 lb. chicken cutlets
- 1 1/2 teaspoon blackening seasoning
- Salt and black pepper
- 3 tablespoons olive oil
- 1 thinly sliced large fennel bulb
- 3/4 cup fennel fronds (chopped)
- 3 sliced celery ribs
- 1/3 cup sliced red onion
- 2 tablespoons fresh lemon juice
- 1 sliced avocado
- 1/3 cup crumbled feta

Directions

1. Season chicken cutlets with blackening seasoning, salt and pepper. Then, cook in 1 tablespoon of olive oil in a large skillet over medium-high heat for about 3-4 minutes on each side.
2. Meanwhile, toss the thinly sliced fennel bulb, fennel fronds, celery ribs, red onion, 2 tablespoons of olive oil and fresh lemon juice.
3. Stir in sliced avocado and crumbled feta, and season to taste with salt and pepper. Serve alongside the blackened chicken and enjoy!

Recipe adapted from Country Living