

SWEET-SALT RAINBOW CHICKEN

A recipe of...



INGREDIENTS (for 6 people)

Chicken breast (400 g)

Corn (1 tin)

Red pepper (1)

Green pepper (1)

Carrot (1)

Beetroot (1)

Red cabbage (100 g)

Slice of pineapple (3)

Eggs (3)(hard-boiled eggs)

Cheese (150 g)

Raisin (25 g)

Salt

Vinegar

Olive oil

APPROXIMATE TIME: 30 minutes

APPROXIMATE COST: 8 €

DIFFICULTY : accessible

PREPARATION:

Boil chicken¹ breast during 20 minutes in salt water.

Boil 3 eggs² (with plenty of salt, to take off eggshells easily)

While chicken and eggs are boiling, prepare the other ingredients³.

First, clean all vegetables carefully.

Cut peppers, carrot, beetroot , pineapple and cheese in little cubes⁴.

Leave cut beetroot in a cup with water and salt for a few minutes⁵. (This will avoid putting too much red color in other ingredients).

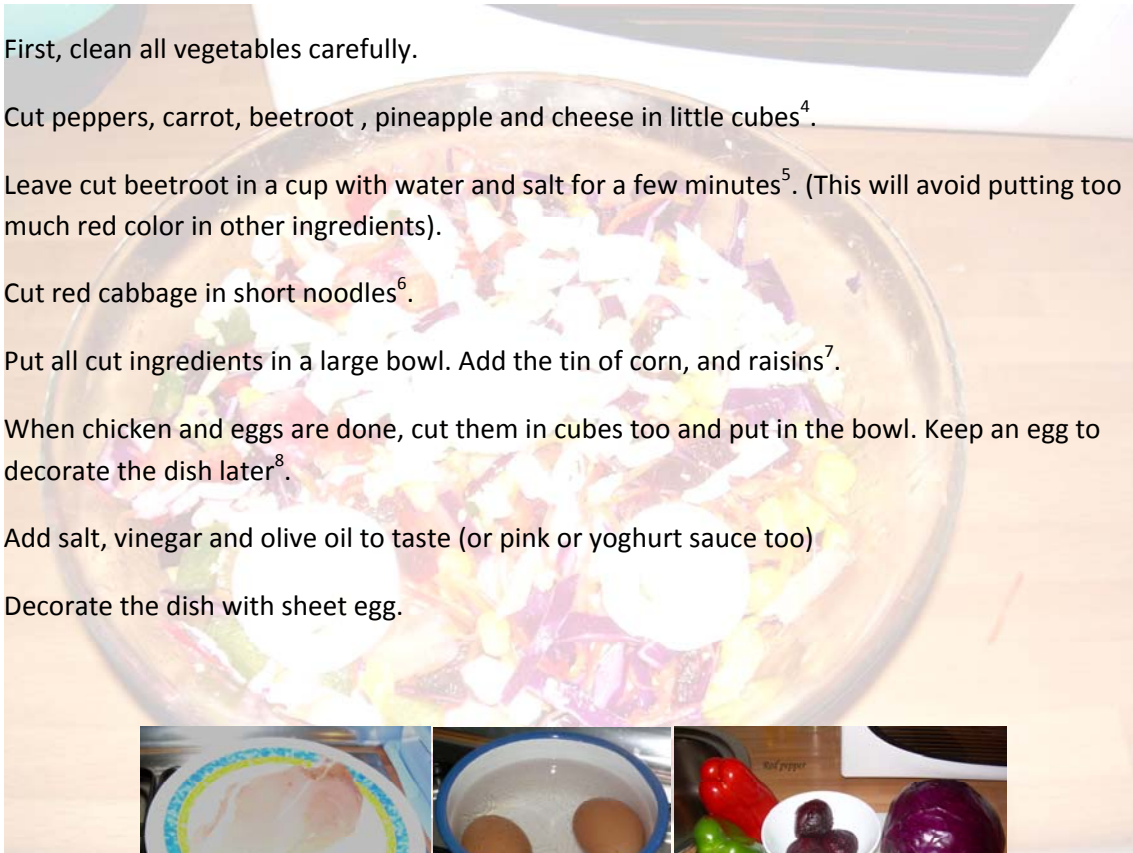
Cut red cabbage in short noodles⁶.

Put all cut ingredients in a large bowl. Add the tin of corn, and raisins⁷.

When chicken and eggs are done, cut them in cubes too and put in the bowl. Keep an egg to decorate the dish later⁸.

Add salt, vinegar and olive oil to taste (or pink or yoghurt sauce too)

Decorate the dish with sheet egg.



1



2



3



4



5



6



7



8

And... what about "blue"? Blue food is not very common in nature. Get blue color by adding blue cranberries or some sweets (this maybe does this recipe more attractive to children)