



WARM CHICKEN LIVER SALAD

101 EASY RECIPES LOW GI BY
LYNDA BROWN

Ingredients

- 450g (1lb) chicken livers
- 1-2 tbsp balsamic vinegar
- 1 level tsp Dijon mustard
- 2-3 tbsp olive oil
- 50g (2oz) streaky bacon rashers, de-rinded and cut into small, neat pieces (lardons)
- 1/2 curly endive, about 175g (6oz)
- 100g (3/2 oz) rocket
- 1 bunch spring onions, sliced

Method

1. Drain the chicken livers on kitchen paper, then trim and cut into pieces.
2. To make the dressing for the salad, put the balsamic vinegar, mustard, 4 tbsp of the oil, and salt and pepper into a small bowl. Whisk together and set aside.
3. In a non-stick frying pan, fry the lardons until beginning to brown, stirring from time to time. Add the remaining oil and the chicken livers and stir-fry over any heat for 2-3 minutes or until just pink in the centre.
4. Meanwhile, toss the endive, rocket and spring onions with the dressing bowl. Divide between 4 plates. Arrange the warm livers and bacon on top. Serve at once, with strips of sun dried tomatoes or roasted red pepper on the side.

