

What BUSY PEOPLE *really* COOK

If you want something done, ask a busy person. We asked eight of the busiest people we know to give us their go-to midweek recipes...

FOOD PHOTOGRAPHY **STEVE BAXTER**

**LIZ
EARLE'S**
*Simple
Chicken
Salad*

On the table in minutes





Beauty guru Liz Earle

As a mother of five and the founder of a hugely successful botanics-based skincare range, Liz Earle is the very definition of busy. Her midweek meal trick, she says, is to have great flavours to hand that save time and allow her brood to eat healthily. All the better, then, that besides running lizearlewellbeing.com, she also owns an organic farm in the West Country.

I like to have a range of ingredients in the fridge that I can throw together in healthy, tasty combos,' says Liz, who was awarded an MBE for services to industry. 'I love adding fruit to greens and interest to foods with a few flaked almonds, toasted pinenuts, pomegranate seeds, etc. There's always a container of marinated halved cherry tomatoes in the fridge (in red wine vinegar and chopped parsley), ready to serve as a speedy side dish or to make a quick and easy bruschetta.'

Liz's Simple Chicken Salad

'I always eat organic meat – for flavour and for animal welfare.'

Between 2 sheets of clingfilm, flatten **4 skinless chicken breasts** with a rolling pin until an even thickness of about 1.5cm (½in). Brush with **olive oil**, then griddle over medium heat for 8-10min, turning midway through, or until cooked. Meanwhile, mix together **1 crushed garlic clove**, **200ml (7fl oz) natural yogurt**, the **zest and juice of ½ lemon** and some seasoning. In boiling water, cook **300g (11oz) tenderstem broccoli** for 2-3min until just tender. Drain and add to a bowl of **watercress** and fresh **orange segments**. Bring to the table with the griddled chicken and garlic dressing, all topped with some **toasted flaked almonds**. Serve with roasted new potatoes, if you like. Serves **4**
PER SERVING (without potatoes) **248cals, 38g protein, 5g fat (1g saturates), 10g carbs (10g total sugars), 5g fibre**