

SMOKED CHICKEN PICNIC SALAD WITH WILD GARLIC VINAIGRETTE

One-plate entertaining at its finest – as delicious as it is pretty. This vibrant seasonal salad brings together tender smoked chicken with crisp vegetables, creamy eggs, and a fragrant wild garlic vinaigrette. Perfect for a summer lunch, picnic, or alfresco supper.

Serves 4

Ingredients

- 2 [smoked chicken breasts](#), sliced or torn into pieces
- 200g mixed salad leaves (e.g. little gem, rocket, spinach)
- 100g Pembroke new potatoes, boiled and halved
- 4 hard-boiled eggs, halved or quartered
- 100g broad beans, podded and blanched
- 100g runner beans, sliced and blanched
- 6 asparagus spears, blanched and halved
- 4 salad onions, finely sliced and in iced water
 - 3 radishes, thinly sliced
- A handful of fresh herbs (e.g. parsley, dill, chervil, tarragon)

[Twist of Mixed Peppercorns](#)

[A pinch of Welsh Sea Salt](#)

For the Wild Garlic Vinaigrette:

- 1 small handful wild garlic leaves
 - 1 tsp Dijon mustard
 - 1 tbsp lemon juice
 - 1 tbsp [white wine vinegar](#)
 - 4 tbsp [extra virgin olive oil](#)
- [Salt](#) and [black pepper](#), to taste





Begin making the vinaigrette by placing the wild garlic leaves in a small blender or use a stick blender in a jug. Add the mustard, lemon juice, vinegar, and olive oil. Blend until smooth and vibrant green. Taste and season with salt and black pepper. Set aside.

Boil the new potatoes in salted water for around 12–15 minutes depending on size or until just tender. Drain and allow them to cool slightly before halving or slicing. Meanwhile, blanch the broad beans, runner beans, and asparagus in boiling water for 2–3 minutes until just tender but still bright. Immediately transfer them to a bowl of ice water to stop the cooking and preserve their colour. Drain well and set aside

Spread the salad leaves over a large platter or individual plates. Next, arrange the potatoes, blanched vegetables, and hard-boiled eggs over the leaves. Add the smoked chicken, then scatter over the radishes and chilled salad onions.

Drizzle the salad generously with the wild garlic vinaigrette. Finally, top with fresh herbs, a twist of mixed peppercorns, and a pinch of sea salt. Serve immediately with crusty bread for a simple, satisfying meal.

Enjoy!