



Salad cyw iâr, watercress gydag almond a feta

- 1/4 cwpan o finegr balsamig gwyn
- 1 sibwn (shallot) mawr, wedi ei dorri
- 3 llwy fwrdd o olew walnut
- 3 bwnsiad o watercress
- 2 hanner brest cyw iâr wedi eu coginio, wedi eu torri i ddarnau
- 3/4 cwpan o gaws feta wedi ei dorri'n ddarnau
- 4 gellygen wedi eu torri i sribedi
- 1/4 cwpan o almond wedi eu torri a'u tostio

Dull

Cymysgwch y finegr a'r sibwn mewn powlen. Cymysgwch yr olew walnut yn y bowlen. Ychwanegwch halen a phupur.

Cymysgwch y watercress, cyw iâr, caws feta a'r gellyg mewn powlen fawr. Ychwanegwch y dresin uchod a'i droi yn dda. Rhannwch y salad rhwng y platiau gan ychwanegu'r almond wedi'u tostio.

Chicken and Watercress Salad with Almonds and Feta

- 1/4 cup white balsamic vinegar
- 1 large shallot, chopped
- 3 tablespoons almond oil, walnut oil, or grapeseed oil
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- 3 large bunches watercress, thick stems trimmed
- 2 fully cooked chicken breast halves, meat torn into bite-size pieces
- 3/4 cup crumbled feta cheese
- 4 apricots, pitted, each half cut into wedges
- 1/4 cup sliced almonds, toasted

Method

Combine vinegar and shallot in medium bowl. Whisk in walnut oil. Season dressing to taste with salt and pepper.

Place watercress, chicken, cheese, and apricots in large bowl. Add dressing; toss. Divide salad among plates. Sprinkle each with almonds.