

Warrigal Butter Chicken Fingers with Stuffed Cucumbers and Potato Salad [serves 2]

Ingredients

4 tsp sour cream
¼ tsp finely-ground dried leaf of *Tasmannia Insipida*
1 cucumber
60 grams Warrigal Greens leaves – blanch and shred
1 spring onion
1 chicken breast
100 grams Warrigal Greens – blanch
100 mL water
50 mL lemon Wardnee Liqueur (or white wine and a squeeze of lemon juice)
2 Tbs butter
1 tsp Macadamia oil
100 grams chicken broth
4 medium potatoes
60 grams Warrigal Greens leaves – blanch and shred
50 grams roasted Macadamia nuts
3 Tbs Macadamia oil

Sour Cream (prepare day before use)

Mix 4 tsp sour cream and ¼ tsp finely-ground dried leaf of *Tasmannia insipida*. Chill in fridge overnight.

Cucumber Rings

Peel and de-seed 4 x 2cm rounds of cucumber. Into a saucepan of boiling water place 60 grams Warrigal Greens leaves (blanched and shredded) for 5 minutes. Drain. Put cucumber on a plate and stuff with Warrigals Greens, decorate with the sour cream. Chop 1 spring onion, blanch and use for decoration.

More information

For more information regarding oxalate content in foods, refer to either: www.branwen.com/rowan/oxalate.htm or www.seekwellness.com/incontinence/low-oxalate-diet.htm

Preparation

Like spinach, Warrigal Greens contains oxalates and should be blanched before use:

Rinse clean and shake the water off leaves. Blanch in a pot of boiling water for 5 minutes. Strain, and throw out the water.

RECIPES by John King

Chicken Marinade

In a blender puree 100 grams fresh Warrigal Greens (which has been blanched) and 100 mL water. Stir in 50 mL lemon Wardnee Liqueur. Cut 1 chicken breast into 6 lengths. Pour marinade over chicken, stir, cover and leave for at least 2 hours.

Warrigal butter sauce and chicken fingers

Heat 2 Tbs butter to lightly brown. Add 1 tsp Macadamia oil then add marinated chicken fingers. Lightly brown chicken on each side. Remove chicken from pan and place on plate. Deglaze pan with 100 grams chicken broth and remaining marinade. Reduce sauce on high heat. Pour over chicken.

Potato salad (can serve warm or cold)
Peel and quarter 4 medium potatoes. Boil until just soft. Add 60 grams Warrigal Greens leaves which have been blanched and shredded, cook for another 5 minutes. Drain and put into a bowl, add 50 grams roasted Macadamia nuts and 3 Tbs Macadamia oil. Mix together and serve on the side.

