

Summery chicken salad

READY IN
10
MINUTES



handful fresh spinach leaves
3 spring onions, chopped roughly
handful cherry tomatoes
75g cucumber, chopped roughly
150g cooked chicken breast
2 tps extra virgin olive oil or
grape seed oil
1 tsp balsamic vinegar
sprinkle salad seasoning*

SERVES 2

*See recipe on page 42

Place the spinach leaves in a bowl.

Assemble the spring onions, tomatoes, cucumber and chicken on top.

Pour the oil into a jug. Add the balsamic vinegar, then spoon the dressing onto the salad.

Sprinkle with salad seasoning.

PER SERVING:
192 Calories
5g Carbs
25g Protein
8g Fat