TANGY CHICKEN SALAD
WITH LIME DRESSING
216 Calories - 170 mg Cholesterol

INGREDIENTS
(5 portions)
2 handfuls baby English spinach leaves
½ yellow capsicum (pepper), diced
50 g activated sea salt and vinegar almonds
2 celery stalks, thinly sliced
40g sun-dried tomatoes, sliced
1 Lebanese cucumber, diced • 1 avocado, diced
200 g diced-oven-roasted chicken
lime dressing
1 tbsp apple cider vinegar • 1 tbsp lime juice
1 tbsp finely grated lime zest • 1 tbsp garlic clove, crushed
2 tbsp extra virgin olive oil

METHOD
1. Place the vegetables and nuts in a bowl and toss together.
2. For the dressing, combine all wet ingredients except the olive oil together and then lightly whisk in the oil.
   Season with salt and pepper.
3. Place the salad neatly on a plate and arrange the chicken over it. Drizzle with the dressing and serve.