

## 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.

