






## GREEK CHICKEN SALAD

Chicken breast with lettuce, cucumber, tomato, red onion, olives, and feta.

 5 minutes  
 20 minutes  
 1 portion

## INGREDIENTS

- 50g lettuce
- 50g cherry tomatoes
- 50g cucumber, flesh and skin
- 1 slice red onion (20 g)
- 5 kalamata olives (optional)
- 30g Feta cheese
- 1 tbsp balsamic vinegar (16 g)
- 1tbsp olive oil (10g)
- 1 sprig fresh oregano
- Skinless chicken breast

## COOKING METHOD

- 1° Preheat the oven or air fryer to 180°C. Score the chicken breast, (spray very lightly with oil if using the airy fryer). Cook for approximately 20 minutes (ensure that the juices run clear and all fibres are set).
- 2° Weigh, wash, and prepare salad. Mix then add to a plate or large bowl.
- 3° Top the salad with olives, feta cheese (weigh before adding), and the cooked chicken breast. Dress with balsamic vinegar and olive oil (if needed).

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (380 g)	% DRI
ENERGY	107 kcal	405 kcal	20 %
PROTEIN	10 g	37 g	75 %
CARBOHYDRATE	2 g	8 g	3 %
SUGARS	2 g	7 g	8 %
FAT	6 g	24 g	34 %
FATTY ACIDS, TOTAL SATURATED	2 g	8 g	39 %
FIBER	1 g	3 g	11 %
SODIUM	139 mg	530 mg	22 %