

Summer chicken and bean salad

Fresh and zesty protein packed salad!

🕒 Preparation 45 minutes ● Total 45 minutes

Ingredients

or	or
1 medium portion of chicken, breast, grilled without skin, meat only (130 g)	1 tablespoon of oil, olive (11 g)
or	or
100 grams of bacon rashers, back, raw	1 tbsp of vinegar, balsamic (16 g)
or	or
1/2 cup slices of cucumber, with peel, raw (52 g)	1 tbsp of honey (21 g)
or	or
1/2 cup of slices of radishes, raw (58 g)	1 portion of lettuce, average, raw (20 g)
or	or
5 leaves of basil, fresh (3 g)	1 cup, chopped of onions, spring or scallions (includes tops and bulb), raw (100 g)
or	
1 portion of beans, butter, canned, re-heated, drained (120 g)	

Cooking method

- 1
poach chicken in stock. Dice bacon or use pancetta if available. Bake in oven without oil.
- 2
slice leaves, dice cucumber, radish and spring onions and tear basil leaves
- 3
combine beans, pancetta and now diced poached and cooked chicken on baking tray and cook with a drizzle of oil.
- 4
make a dressing with the honey and balsamic vinegar