

# Char-Grilled chicken salad with a chilli, lime & coriander dressing

(Serves 1)

## Ingredients

- 40g Mixed salad leaves
- 40g Peppers, baby, sweet, sliced
- 2 inch piece Cucumber, diced
- 80g Tomatoes, plum, whole
- 100g Chicken, char-grilled chicken breast slices
- 50g Carrots, grated
- 1/2 Lime, zest & juice
- 1 tsp Fish sauce
- 1 tsp Sugar, light soft brown
- 1/4 Chilli, red, small
- 1 tsp Coriander, fresh, chopped
- 1 tsp Oil, olive, extra virgin

## Preparation

1. Spread mixed salad leaves onto a serving plate.
2. Dot around baby sweet peppers, cucumber & tomatoes.
3. Add char-grilled chicken pieces & grated carrots.
4. Whisk together lime zest, juice, fish sauce, sugar, chilli & coriander until sugar dissolves.
5. Add oil. Mix together thoroughly.
6. Drizzle dressing over salad & chicken.
7. Serve.

**TOP TIP:** You can also use your left over roast chicken for this lunch if you prefer but leave the skin off.

## NUTRITIONAL VALUES

### PER SERVING

Calories 250

Total Sugars 16.19g

Total Fats 6.86g

Saturated Fats 1.4g

Salt 1.89g

Fruit & Veg 3.6