

Sweet chilli chicken salad with a sweet chilli dressing & crisps

(Serves 1)

Ingredients

- 40g Mixed salad leaves
- 1 Medium tomato, sliced
- 1 inch piece Cucumber, sliced & quartered
- 80g Cooked Chicken slices, sweet chilli & lime (Sainsbury's)
- 1/2 tbsp Sweet chilli sauce
- 40g Blueberries
- 20g Pomegranate seeds
- 25g bag Crisps, plain, Walkers

Preparation

1. Scatter mixed salad leaves on a plate.
2. Add tomatoes, cucumber & chicken slices.
3. Drizzle sweet chilli sauce over the chicken & salad.
4. Top with blueberries & pomegranate seeds.
5. Serve salad with the crisps.

TOP TIP: You can use any cooked chicken for this lunch. I chose the sweet chilli & lime because it is so flavoursome.

NUTRITIONAL VALUES

PER SERVING

Calories 320

Total Sugars 16.14g

Total Fats 9.97g

Saturated Fats 1.06g

Salt 1.09g

Fruit & Veg 2.75