

# CHICKEN SALAD WITH AVOCADO DRESSING



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Serves: 1  
Prep: 5 mins  
Cook: 5 mins



Nutrition per serving:  
433 kcal  
28g Fats  
6g Carbs  
35g Protein



## WHAT YOU NEED

- ¼ cup (50g) edamame beans
- 4.2 oz. (120g) cooked chicken breast, chopped
- ¼ cucumber, peeled, deseeded and chopped
- ½ avocado
- Tabasco sauce, to taste
- juice of ½ lemon
- 2 tsp. extra-virgin olive oil
- 2 handfuls iceberg lettuce, chopped
- 1 tsp. mixed seed

## WHAT YOU NEED TO DO

*Put the chicken, beans and cucumber in a bowl.*

*Blitz the avocado, Tabasco, lemon juice and oil in a food processor or with a hand blender. Season, pour into the bowl and mix well to coat.*

*Layer a bowl with the iceberg lettuce and spoon the chicken mixture over it, sprinkle with the seeds.*

*Serve immediately or chill until lunch, then serve with a lemon wedge.*