

**CHICKEN, WALNUT
& CHICORY SALAD**



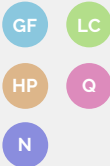
CHICKEN, WALNUT & CHICORY SALAD



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
385 kcal
21g Fats
15g Carbs
37g Protein



WHAT YOU NEED

- 1 sweet apple
- 3 cups (400g) cooked or leftover chicken, shredded
- 4 cups (500g) chicory, shredded
- 1 ½ tbsp. mustard
- 4 tbsp. Greek yogurt (0% fat)
- 3 tbsp. extra virgin olive oil
- 1 tbsp. white wine vinegar
- 2 tbsp. parsley, chopped
- ⅓ cup (40g) walnuts, chopped

WHAT YOU NEED TO DO

Cut the apple into quarters, remove the core and cut the flesh into pieces. Cut off the bottom of the chicory, halve the stalk lengthwise and remove the hard core. Then cut into strips lengthwise.

Make the dressing by combining the mustard, yogurt, oil and vinegar. Season with pepper. Mix the chicory and the apple with the dressing and let the flavors settle for 10 minutes.

Finally, add in the parsley, shredded chicken and chopped walnuts and mix well. Serve immediately or store refrigerated until required.