

Spicy Chicken Salad

A colourful blend of vegetables with added spiced chicken to give you a little twist over the average salad.

 TIME TILL READY
15 MINUTES

 SERVES
4

Energy: 2033kJ/486kcal

For more nutritional information please visit www.lancashirefarm.com

Ingredients

- 4 sun-dried tomatoes
- 170g Lancashire Farm Greek Style Yogurt
- 2 tbsp red wine vinegar
- 1/2 tsp chilli powder
- 2 tbsp diced red onion
- 1 Iceberg lettuce, finely shredded
- 340g chicken breast
- 1 cucumber, diced
- 450g cherry tomatoes, halved
- 285g chickpeas
- 1/4 Pickle, chopped
- 110g cheddar cheese, diced

Contains



Method



Step 1

Soften sun-dried tomatoes in half a cup of warm water.



Step 2

Fry the chicken until cooked.



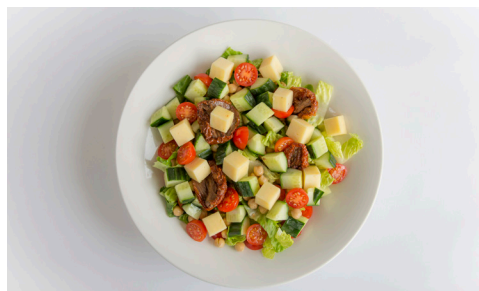
Step 3

Dice the lettuce and red onion.



Step 4

Puree in a blender with the yogurt, vinegar and chilli. Place in a bowl.



Step 5

Stir in the onions and pickle and toss with the remaining ingredients.



Step 6

Serve.