

Lunch 1

Chicken salad:

Seasonal greens including kale, spinach, and lettuce topped with crispy capsicums, juicy tomatoes, roasted courgette, feta cheese and chicken with a coriander and lime olive oil dressing.

LC

GF

Ingredients



½ cup chopped kale , ½ cup chopped spinach and 1x cup lettuce

¾ cup mixed capsicum diced

4x cherry tomatoes

¼ cup diced and roasted courgette

¼ cup coriander, ½ juiced lemon, 1 teaspoon olive oil

1x teaspoon feta

50g grilled chicken



Coriander

See the directions for this recipe, the macronutrient breakdown and full nutrition panel on the following page.



Courgette

Garden produce in this meal



Lettuce



Capsicum



Spinach



Kale



Tomatoes

Instructions

1. Chop courgette and chicken into chunks, toss in olive oil and roast for 30mins at 180 degrees on an oven pan.
2. Chop tomatoes and capsicums.
3. Lay spinach, kale, and lettuce on the plate.
4. Sprinkle tomato and capsicums over greens.
5. Pop warm roasted chicken and courgette on top.
6. Drizzle a mixture of lemon juice, olive oil, and chopped coriander over the top.

Chicken salad

Nutrition Information

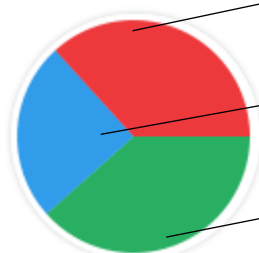
Serving Size: 1 Serving

	Average Quantity per Serving	%Daily Intake*
Energy	845.6 kJ	10 %
Protein	19.9 g	40 %
Fat, total	8.4 g	12 %
- saturated	1.8 g	8 %
Carbohydrate	9.2 g	5 %
- sugars	8.2 g	
- lactose	0.1 g	
- galactose	0 g	
- starches	0 g	
Dietary Fibre	5.1 g	17 %
Sodium	118.1 mg	5 %
Vitamin C	187.2 mg	
Vitamin A	2366.5 µg	
Calcium	120.7 mg	
Iron	2.7 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Salads are an easy way to pack in 5+ a day and adding a delicious dressing makes them even better.



Fats: 8.4g (36.7%)

Carbohydrates: 9.2g (24.9%)

Protein: 19.9g (38.4%)