

Chicken & Avocado Salad



Ingredients:

(Serves 1)

- 1 Chicken Breast
- 1/2 Ripe Avocado sliced
- 1/4 onion sliced
- 1 cup Spinach
- 1 cup Romain Lettuce
- 1 tbsp reduced fat mayonnaise
- Juice of 1/2 a lime
- 1 bunch coriander
- Salt & Pepper to taste
- 1 tsp olive Oil

Method:

1. Heat the olive oil in a pan, season the chicken breast with salt and pepper and cook on both sides till chicken is lightly browned. Add some water to the pan till it just shallow, cover with a lid, and cook for a further 5-10 minutes until chicken is piping hot and cooked through. Set aside to cool down.
 2. Wash and chop the spinach and lettuce, add to a bowl. Add sliced onion and avocado to the leaves, and set aside. Finely chop the coriander and set aside.
 3. Shred the chicken breast using two forks on a clean surface, and add to lettuce, spinach, onions and avocado.
- To the salad, add the mayonnaise, lime juice, coriander, salt and pepper. Mix all together well, serve and enjoy!

Arugula, Egg & Charred Asparagus Salad



Ingredients:

(Serves 4)

- 4 large eggs in shells
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 12 ounces asparagus
- 1/4 cup plain whole-milk Greek yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon water
- 5 ounces baby arugula

Method:

1. Preheat broiler to high.
2. Bring a small saucepan filled with water to a boil. Carefully add eggs; cook 8 minutes. Place eggs in a bowl filled with ice water; let stand 2 minutes. Peel eggs, cut into quarters, and sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper.
3. Combine olive oil, 1/4 teaspoon salt, 1/4 teaspoon pepper, and asparagus on a baking sheet; spread in a single layer in pan. Broil 3 minutes or until lightly charred. Remove asparagus mixture from pan; cut into 2-inch pieces.
4. Combine remaining salt, pepper, yogurt, juice, and 1 tablespoon water in a medium bowl, stirring with a whisk. Add arugula; toss. Arrange arugula mixture on a platter; top with asparagus mixture and eggs.

Cannellini Bean, Tomato & Feta Salad



Ingredients:

(Serves 2)

- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 cloves garlic,
- Salt & pepper to taste
- 1 can cannellini beans
- 1 cup cherry tomatoes
- 1/2 Block Feta Cheese
- Handful fresh parsley

Method:

1. Rinse and drain the beans and leave to one side.
2. Chop the cherry tomatoes in halves, finely chop the parsley, and chop the Feta into roughly half inch blocks.
3. To make the dressing mince the garlic, combine the olive oil, lemon juice, garlic, salt and pepper, and leave aside.
4. Add the beans, tomatoes, parsley, and feta into a bowl. Add the dressing, mix all ingredients together and serve.

Salmon Salad *Asian Style*



Ingredients:

(Serves 2)

- 2 fillets fresh salmon
- 2 cups mixed leaves
- 2 tbsp soy sauce
- 1 cup shredded carrot
- 2 tbsp honey
- 1 spring onion
- 2 tbsp olive oil
- 2 tbsp soy sauce
- 1 tsp garlic powder
- 1 tbsp rice vinegar
- 1 tsp ginger powder
- 1 tbsp sesame oil

Method:

1. Combine the soy sauce, honey, olive one, garlic powder and ginger powder and mix well. Marinade the salmon and set aside for at least 30 minutes.
2. Heat the some oil in a pan, and fry the salmon on both side till cooked through. Brush on some of the leftover marinade. Set aside.
3. Chop and prep vegetables. Use can use a mandolin to shred the carrot. Add to a bowl and set aside.
4. Combine soy sauce, rice vinegar and sesame oil. Drizzle onto vegetables, and toss. Add cooked salmon on top, and serve with optional sesame seeds for garnish.

Roasted Butternut & *Chickpea Salad with Feta*



Ingredients:

(Serves 3-4)

- 1 Butternut Squash
 - 2 tins Chickpeas
 - 150g Feta
 - 4 cups mixed salad leaves
 - 4 tbsp olive oil
 - 2 tsp Cajun seasoning
 - Salt and pepper to taste
- Dressing:
- ¼ cup olive oil
 - ¼ cup lemon juice
 - Salt and pepper to taste

Method:

1. Preheat oven to 200, (180 fan).
2. Peel and chop butternut squash to roughly ½ inch pieces. Wash, drain and dry the chickpeas. Set aside the chickpeas in a bowl.
3. Add 2 tbsp olive oil and salt and pepper to butternut and toss. Add 2 tbsp olive oil, Cajun seasoning and salt and pepper to chickpeas and stir well. Add both to a baking tray and cook in the oven for 30-40 minutes.
4. Chop Feta into same size chunks as butternut and keep to one side.
5. Combine olive oil, lemon juice and salt and pepper and mix well.
6. Assemble leaves, and some of the dressing and toss. Top with the now cooked butternut, chickpeas and feta. Drizzle on some more of the dressing and serve.