

Lemon Chicken and Chickpea Salad

Ingredients:

1/2 cucumber
½ lettuce (any kind)
1/3 red cabbage (fresh not pickled)
4-6 cherry tomatoes
Pickled beetroot (2 table spoons per serving)
Chickpea (canned)
Grilled chicken (breast per portion, you can change to turkey or beef)
½ lemon
2 tbsp – olive oil
Freshly ground black pepper, salt , and dried chilli.

Dressing: squeeze ½ lemon in to a cup add olive oil and grounded pepper. Pour over the salad

Method:

1. Cut the cucumber, lettuce, cabbage and cherry tomatoes to any shapes you like and add in to bowl.
2. Grill the chicken, turkey or beef, when nice and crispy, slice it (stripes looks good) and add to the bowl.
3. Preheat a pan (medium heat) and add chickpea in (drain the water and add no oil) when they start to open (this will take 10-12 min) add chilli and salt. Leave on the heat for another 5 min, then add in to the bowl.
4. When you serve on a plate add the pickled beetroot.

This is guide only. You can change vegetable and salad to your liking. The chickpea is the key. Full of fibre, protein, minerals and vitamins, so if you are vegetarian or vegan you will still have good amount of protein in your diet.

