



# CHICKEN CHOPPED SALAD

## WHAT YOU NEED

- ½ corn on the cob
- 1 x avocado
- 1 x lemon
- 6 x cherry tomatoes
- ¼ cucumber
- 1x yellow pepper
- 1 x little gem lettuce
- 1 x edamame beans or frozen peas
- cooked chicken (1 leg or 1 breast)
- fresh herbs - parsley, mint, coriander
- salt and pepper



## HOW TO MAKE IT

Cook the corn on the cob for 10 minutes in boiling water. Drain and cool. Chop the avocado into a large bowl and squeeze over some lemon juice. Halve the tomatoes, chop the cucumber and pepper and slice the lettuce across. Add to the bowl. Defrost the beans, or peas, in a cup of boiling water, drain and add to the bowl. Chop the cooked chicken and add. Slice the cobs off the corn husk and add. Finally chop the herbs and add them with salt and pepper.

## TIP 😊

You can add any vegetables, salad leaves or fresh herbs that you might like in a salad. Or miss out ones you don't like. New things are always worth trying. You can choose any salad dressing you like.

