

## Mango Chicken Salad



### Nutritional & Serving Information

Recipe Good For?	High Protein	Serves	4
Time to Prep	20 mins	Time to Cook	40 mins
Calories (per serving)	384	Carbohydrate (g)	25
Fibre (g)	7	Fat (g)	17
Protein (g)	31	Sugars (g)	16

### Ingredients

4 Chicken Breasts	2 Avocados, chopped	Sliced Red Onion
2 Mangos	20 Cherry Tomatoes	1 Bag Spinach Rocket & Watercress
Mixed Seeds	1 tbsp Truffle Oil	1 tbsp Balsamic Vinegar

### Cooking Method

Steam cook the chicken while you cut the onion, avocado, tomatoes and mango

Add the salad, onion, avocado, tomatoes, mango and a handful of seeds to each serving

Once the chicken is cooked, pull apart and lay on top of the salad

Drizzle the oil and balsamic vinegar over everything and serve

### Tips

Steam cook more chicken than you need to have ready for other dishes

We cut the top off of the mango and use a spoon to scoop out bite sized pieces (less mess!)

You could use any oil or dressing, or even leave it plain

Do present your food on a plate, even if you're only cooking for yourself; your brain sees a meal as more substantial if it looks appetising.