



CHICKEN SALAD WITH CUCUMBER DRESSING

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 10 mins

Serves: 2

INGREDIENTS

- 2 chicken breasts
- 2 cups chicken stock
- lettuce leaves for serving

METHOD

- Pour chicken stock into saucepan, add chicken breasts and bring to the boil.
- Reduce heat and simmer for 8-10 minutes until cooked but moist.
- Drain and cool.
- Serve sliced on lettuce leaves, with dressing poured over.
- **DRESSING**
- Place lemon juice, both oils, coriander, garlic and ginger into blender and process until smooth.
- Combine all other ingredients in a bowl and add the juice. Stir well.
- Refrigerate until chilled.



- **DRESSING**
- Juice of 1 medium lemon
- 3 tbsp olive oil
- 1 tbsp sesame oil
- 1 tbsp chopped fresh coriander
- 1 clove garlic, crushed
- 1 tsp grated ginger
- 1/2 small cucumber, finely diced
- 1/2 small red capsicum, finely diced
- 2 spring onions, finely sliced
- 1/4 tsp salt