



KALE, PEAR AND CHICKEN SALAD BOWL

ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 15 mins

Cook time: Nil mins

Serves: 2



INGREDIENTS

- 1 large leaf kale, shredded
- 1 pear, diced
- 1/4 red onion, finely diced
- 1/4 cup walnuts, diced
- 1 x shredded cooked chicken breast

DRESSING

- 1 tbsp mayonaise
- squeeze lime juice
- 1 tbsp olive oil
- salt and black pepper to taste

METHOD

- Combine Kale, pear and red onion in large. bowl.
- Stir chicken through.
- Combine dressing ingredients in a cup and mix well.
- Add dressing to salad and stir gently.
- Divide into 2 serving bowls and sprinkle with walnuts