



GREEK SALAD WITH CHICKEN

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 10 mins

Serves: 4



INGREDIENTS

- 1/3 cup olive oil
- 2 cloves garlic, crushed
- Juice of 1 lime
- 1 tbsp tamari sauce
- 1 tbsp apple cider vinegar
- 1 tsp oregano, dried
- 4 chicken thighs, cut into 1.5cm strips
- 1 chopped lettuce, or bag of leaves
- 150g cherry or Solanato tomatoes, halved
- 1 Lebanese cucumber, thinly sliced
- 1 avocado, deseeded and chopped roughly
- 150g pitted Kalamata olives
- 100g vegan feta, diced
- Sweet paprika to garnish

METHOD

- In a large bowl combine oil, garlic, lime juice, Tamari sauce, vinegar and oregano.
- Take half mixture and use to marinate chicken in a separate bowl.
- Heat frying pan on medium high with a little oil.
- Add chicken and cook for 5 mins on each side.
- Place lettuce, tomatoes, cucumber, avocado and olives into a bowl.
- Add dressing and stir to combine.
- Place salad onto serving plates, top with chicken and feta.
- Sprinkle lightly with sweet paprika.