

A tasty family meal and great for the lunchbox

This salad can be made by roasting a chicken for budget conscious large families. When preparing chicken for roasting, remove all visible fat from around the chicken cavity. Cook the chicken on a wire baking tray, which lifts the chicken from the base roasting tray and allows the fat to drain away and be discarded. When carving the chicken remove all skin and discard.

To make this salad more filling, add roasted kumara and pumpkin. Roast these in a separate tray so they don't soak up all the bad chicken fat.



Moroccan chicken salad with yogurt dressing

(Serves family of 4)

Ingredients

Chicken breast	3 medium
Moroccan spice mix	2 tablespoons
Cucumber slices	¼ cup
Salad greens	1 bunch
Tomatoes diced small	2 medium
Red onion diced small	½
Capsicum diced small	½
Avocado (optional)	1
Kumara roasted (optional)	1
Pumpkin roasted (optional)	½ cup

Tip!

This salad makes a great lunch box meal. Refrigerate until ready to serve - especially the chicken. Keep the dressing separate until ready to serve so the salad ingredients stay crisp and fresh.

Method for cooking chicken

1. Remove skin from chicken breast and rub Moroccan spice all over chicken
2. Grill the chicken or pan fry using a non-stick frying pan with only 1 tablespoon of oil, until cooked (about 20 minutes)
3. Keep chicken warm during salad preparation (if prefer with cold chicken, refrigerate until ready to serve)

For the dressing

Ingredients – whisk together

Juice from lemon	½
Low fat yogurt	½ cup
Garlic crushed then finely chopped	1 clove
Mint finely chopped	1 tablespoon

Method for serving

1. For one person - place chicken, salad ingredients and dressing into a bowl and toss together
2. Repeat process for each individual serving to ensure an even distribution of ingredients

Tip!

Chicken fat and skin are high in saturated fat. For a healthy heart try to avoid eating chicken skin and remove as much fat as possible during preparation.