

## Chicken Apple and Walnut Salad

### Calories per serving

(672g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
721	34	55	42	9.6

- Everyday recipe
- Offers a moderate amount of carbs but a big protein hit
- High in vitamin K which is good for immune and bone health

The chicken apple walnut salad is easily put together and is a good packed lunch option that uses up any leftover chicken from the night before. This meal would be a good option to have on a recovery day and the nuts provide a great source of healthy fats.

**Serves:** 1

**Preparation time:** 10 minutes

### Ingredients

1 free range chicken breast fillet, cooked and sliced

a handful of baby spinach leaves, washed

a handful of rocket leaves, washed

1 medium apple, cored and sliced

70g roasted pickled beet, sliced

100g pickled cucumber

15g walnuts

10g raw peanuts

40g feta cheese

### For the dressing:

1 tbsp olive oil

10ml apple juice

a handful of fresh parsley, chopped

a handful of fresh mint leaves, chopped

### Preparation

1. Place the chicken, spinach, rocket, apple, beet, cucumber and nuts in a medium salad bowl and mix gently.
2. Put the dressing ingredients into a small bowl and mix well.

3. Crumble the feta into the salad then pour the dressing over. Toss everything together before serving.