

Chicken & lentil salad

150g chicken breast
2 tsps olive oil
 $\frac{3}{4}$ tsp dried mixed herbs
100g tinned lentils, rinsed and drained
a handful of mangetout or sugar snap peas
30g mixed lettuce leaves
5 fresh mint leaves
for the dressing:
juice of $\frac{1}{2}$ a lemon
2 tsps extra virgin olive oil
a pinch of sea salt and ground black pepper

SERVES 1

Place the chicken breast between two pieces of baking paper. Using a rolling pin, bash to around 2cm thickness.

Transfer to a bowl and top with the oil and mixed herbs. Stir well to coat.

Place a frying pan or griddle over a medium flame. Add the chicken and fry for 5-6 minutes on each side or until cooked through. Rest on a plate for 5 minutes, then slice.

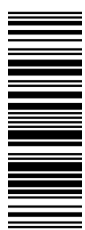
Mix the dressing ingredients in a large bowl. Add the lentils, mangetout, salad leaves and fresh mint. Gently mix together.

Serve the salad topped with the chicken.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER SERVING:
433 Calories
18g Carbs
43g Protein
21g Fat



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