

Summertime Salad with Shredded Chicken & Croutons

Less is usually more, but when it comes to a chopped salad we think more is definitely more. More ingredients, more flavours and more textures. That's why we've given you a little bit of a lot of things. Instead of going heavy on chicken, or overloading you with croutons we've given you just the right amount of everything, so that every mouthful takes your taste buds on a trip. To make things extra tangy you can always very finely chop some garlic into your dressing too.









Wholemeal Bap



Garlic Clove



Mayonnaise









Organic Black Beans

Baby Spinach

Ingredients	2P	4P
Chicken Breast	-	2
Wholemeal Bap, chopped 1	-	2
Garlic Clove	-	2
Mayonnaise 2, 3	-	3 tbsp
Lemon	-	1
Organic Black Beans	-	2 tins
Baby Spinach, chopped	-	4 handfuls
Feta Cheese 4	-	5 tbsp

May feature in another recipe

Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Gluten | 2) Egg 3) Mustard | 4) Milk

Nutrition per serving: Calories: 783kcal | Protein: 45g | Carbs: 63g | Fat: 25g | Saturated Fat: 9g



The water is simmering when the surface is gently rippling and there are a few very small bubbles risingdon't let the water get hotter.





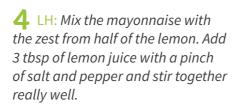
2 Chop the bread rolls into 2cm cubes. Peel and lightly crush the garlic (it should be broken but still whole).

6 LH: Using two forks pull the chicken apart into fine strands (in other words 'shred' it). Tip: This takes a little effort but it really makes a big difference to the end result as you'll get a bit of chicken in every forkful.



3 Heat 1½ tbsp of olive oil in a frying pan on medium heat. Once hot, add the whole garlic clove together with the bread cubes. Cook the bread cubes until they are really crispy all over, then season with a pinch of salt and pepper and keep to the side.

Drain and thoroughly rinse the black beans in a colander under running water. Roughly chop the spinach leaves and add them to the chicken and beans in a bowl. Pour over the dressing, crumble in the feta and throw in the croutons. Serve and devour!





5 Once the chicken has finished cooking take it out of the water. Leave the chicken to rest for at least 5 mins (this will keep it juicy)