

GRAB 'N' GO

Chicken, Kale & Avocado Salad

YOU WILL NEED

Makes 4 jars

- 1 large chicken breast, cooked & shredded
- 1 bunch kale, washed, leaves removed from the stem
- 2 handfuls baby spinach
- ½ bunch flat leaf parsley, roughly chopped
- ½ bunch mint, roughly chopped
- 200g (1 tub) mung beans
- 2 oranges, peeled & segmented
- 1 avocado, diced
- 1/3 cup pistachios
- 2 tbsp pomegranate seeds

Dressing:

- 1 lemon, juice & zest
- 3 tbsp extra virgin olive oil
- 1 tbsp fresh ginger, grated
- ½ tsp fresh or ground turmeric
- 1 clove garlic, crushed
- ½ tsp black pepper
- pinch sea salt

PROCEDURE

- Add all dressing ingredients to a jar & secure the lid. Shake well.
- Cut kale leaves into small pieces or shred. Place in a large bowl.
- Massage dressing into the kale leaves for 1-2 minutes until kale is softened. Wear disposable gloves as the turmeric will stain your hands.
- To assemble 4 jars:

1st layer - dressing.

2nd layer - avocado, orange segments, pomegranate seeds.

3rd layer - chicken, mung beans.

4th layer - kale, baby spinach, parsley, mint.

Top layer - pistachios



COOKING TIP

Make ahead & store in the fridge for up to 3 days.

To serve tip contents of the jar onto a large plate.

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