

# Citrus Chicken Salad

Serves 4

## Ingredients

- Spray oil
- 200g chicken breast
- 1 avocado
- 2 oranges
- 3 spring onions
- 2 cups baby spinach leaves
- ¼ cup walnuts

## Dressing:

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon white vinegar



## Method

1. Spray pan with oil and grill chicken until well cooked and still moist. Cover and set aside.
2. Slice avocado. Peel and segment oranges. Finely slice spring onions.
3. Add salad vegetables and walnuts to a serving bowl.
4. Combine olive oil and white vinegar together and add to salad. Toss to coat well.
5. Slice the chicken and add to salad.

NUTRITION INFORMATION		
Servings per recipe: 4		
Average serving size: 260g		
	Per serve	Per 100g
Kilojoules (kJ)	1169	450
Protein (g)	15.1	5.8
Total fat (g)	18.9	7.3
- Saturated fat (g)	3.2	1.2
Carbohydrates (g)	9.6	3.7
- Sugars (g)	9.5	3.7
Fibre (g)	5.8	2.2
Sodium (mg)	36	14

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.