

WARM CHICKEN, SPINACH & MUSHROOM SALAD



A great combination of flavours and low in calories. Packed with vitamins, minerals, and phytonutrients makes this a perfect meal whether you're looking to lose weight, gain muscle, or maintain good health.

INGREDIENTS: (serves 4)

- 1 packet baby leaf spinach
- ½ packet rocket
- 2 cups shredded rotisserie chicken (feta cheese or Tofu for vegetarian/vegan options)
- 3 tablespoons olive oil
- 8 oz. mushrooms roughly chopped
- 1 avocado, flesh sliced
- ¼ cup cherry tomatoes
- Handful of fresh basil, roughly chopped
- 1 garlic clove, minced
- Juice from 1 lemon
- 3 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard

HOW TO MAKE IT:

- Place spinach with the shredded chicken into a bowl
- Warm the oil in a pan over medium heat
- Add in the garlic and let it cook for a few minutes, being careful not to burn
- Stir in the lemon juice, basil and mustard, and finally the mushrooms
- Let the mushrooms cook for about 5-7 minutes and adjust the seasoning, adding in freshly ground pepper and a little Pink Himalayan salt
- There should be enough dressing in the pan to fully coat the spinach
- Make sure the temperature of the dressing is hot
- Toss the mushrooms and hot dressing over the spinach ensuring that it wilts
- Add the rocket and tomatoes to the spinach and gently toss
- Serve on to a plate and place the sliced avocado on top
- To finish off, drizzle balsamic vinegar across the salad