

CHICKEN & MANGO SUMMER SALAD

HEALTHY
PICK



Serves 4



Prep Time 10 minutes



Cook Time 15-20 minutes



INGREDIENTS

- 400g skinless, boneless chicken breast, sliced in half lengthwise
- 100g bag mixed salad leaves
- 1 mango, peeled and cut into pieces
- 6 spring onions, sliced

METHOD

1. Preheat the grill or BBQ. Flatten chicken pieces with a rolling pin if thick. Brush chicken with a little olive oil and season with a little salt and freshly ground black pepper. Grill for 15-20 minutes, turning once until chicken is cooked. Set aside and keep warm.

- 1 red capsicum, deseeded and thinly sliced
- ½ cup roasted cashew nuts, roughly chopped
- ½ cup **Eta Lite & Free Honey Mustard Dressing**

2. Put salad leaves, mango pieces, spring onions, red capsicum and cashew nuts onto a serving platter. Place cooked chicken onto the salad. Drizzle over **Eta Lite & Free Honey Mustard Dressing**. Serve immediately.