

chicken + mango summer salad



This simple summer salad is bursting with flavour and a great way to maximise your antioxidants! White carbohydrates (e.g. white rice, potatoes or pasta) may be filling, but they don't do much for us from a micronutrient perspective. Having a carb that's naturally brightly coloured instead, is a great way to boost your intake of anti-aging and immune boosting antioxidants. Here, we have mango (peach, pineapple or even strawberries work well too) for the carb portion. If you don't like fruit in your salad (everyone is different!) then try adding roasted butternut squash instead. It's a great, nutrient-rich burst of colour.

Quick tip: while grilling chicken is pretty easy, sometimes there are days when you might not have time or want to cook at all. Instead, pick up a grilled chicken breast from the Miles deli. Good quality chicken at a great price – and the work is done for you! If you'd rather buy a dressing than make your own, look for any brand with the Nutrifit leaf (all of these have non-GMO oils and are low-sugar.) Keep an eye out for the amazing Primal Kitchen range too!

PREP	TOTAL	SERVING
30mins	30mins	4

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| 3-4 grilled or roasted chicken breasts, sliced | 4 spring onions (keep $\frac{3}{4}$ of the green part), chopped |
| 1 avocado, ripe, chopped | $\frac{1}{2}$ cup torn fresh herbs (basil, cilantro or mint) |
| 1 cup chopped mango (peach, pineapple or strawberries work well too) | 3 tbsp EV olive oil |
| 1 box organic or Miles to Grow greens | 3 tbsp apple juice |
| 2 cups baby tomatoes | 2 tbsps apple cider vinegar |
| | Salt + Pepper to taste |

Shake the olive oil, apple, juice and ACV together in a jar, season to taste and put aside.

Bed each plate of greens with avocado, mango, tomatoes, spring onions, chicken, fresh herbs and drizzle on dressing.

Alternatively, you can toss everything together in a big bowl and serve family style.

 approved recipe