Lunch

Chicken and Chickpea Salad with Feta

A fresh tossed salad of shredded chicken, chickpeas, crisp vegetables and crumbled feta, finished with a tangy olive oil and red wine vinegar dressing.

20 min	296	13.4 g	6.6 g
time	calories	carbs	sugars



Gluten free | Nut free

Ingredients, 4 servings

- [ ] 1 large chicken breast, steamed and shredded
- [ ] 1 cup canned chickpeas, drained
- [ ] 1 small red capsicum, diced
- [ ] 1 small cucumber, diced
- [ ] 2 tomatoes, chopped
- [ ] ½ red onion, finely chopped
- [ ] 100 g reduced-fat feta, crumbled
- [ ] 1 tbsp olive oil
- [ ] 1 tbsp red wine vinegar
- [ ] 1 tsp dried oregano or fresh parsley
- [ ] 4 cups salad greens
- [ ] Freshly ground black pepper

Method

- [ ] **1** Put the steamed shredded chicken breast, drained chickpeas, diced red capsicum, diced cucumber, chopped tomatoes, finely chopped red onion and crumbled feta into a large bowl.
- [ ] **2** Whisk the olive oil, red wine vinegar, dried oregano or fresh parsley and freshly ground black pepper in a small bowl or shake them together in a jar.
- [ ] **3** Pour the dressing over the salad and toss gently until everything is coated.
- [ ] **4** Divide the salad greens across 4 separate plates, spoon the chicken mixture on top and serve.

Nutrition Facts

Per serving

Calories	**296**
Total fat	11 g
Saturated fat	3.6 g
Sodium	500 mg
Total carbs	13.4 g
Fiber	7 g
Total sugars	6.6 g
Protein	31.3 g

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