



Niki's Chicken, Spinach & Pumpkin Salad Recipe

Serves 4-6 Prep 30 mins Cooking Time about 30 mins

Ingredients

260g (9.5oz) cooked chicken breast, chopped, sliced or shredded
440g (15.6oz) pumpkin, cubed and baked
130g (4.7oz) baby spinach leaves, washed and dried
110g (4oz) danish feta, crumbled
70g (2.5oz) walnuts, chopped
1 avocado, halved, stone removed, peeled and sliced
cold pressed olive oil and balsamic vinegar to dress salad

Method

Peel, cube and place pumpkin on a baking tray. Lightly spray with Olive Oil and bake at 180° C (350-375° F or Gas mark 4-5) for about 30 minutes or until cooked but still firm. Cool.

You can either grill, bake or barbeque your 2 chicken breasts or if you are really busy buy a cooked chicken and just use the chicken breast for this recipe. Remove skin and either chop, slice or shred chicken.

Layer all ingredients on a platter and drizzle with your favorite dressing or I prefer just a little cold pressed olive oil and balsamic vinegar.
Delicious !

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