

FRESH GARDEN SALAD

A light, crisp and easy to prepare salad.

INGREDIENTS

- 180 g of cooked chicken
- ¼ cup sliced celery
- ¼ cup sliced red capsicum
- ¼ cup fresh snow peas
- 1 cup lettuce
- 1 avocado sliced
- 1 small tomato cut into wedges
- Lemon, squeezed
- Cracked black pepper
- Olive oil with squeeze of lemon

METHOD

- Combine all ingredients together.
- Dress with lemon, tahini, pepper and olive oil and lemon.
- Serve immediately.



DETOX