

Chicken and Avocado dinner salad

Serves 8

Ingredients:

Organics Romaine lettuce hearts, chopped	bag of 3
Organics baby arugula	2 cups(500ml)
Mini cucumbers, thinly sliced	4
Ripe avocados, cored and sliced	4
Sweet red pepper, small, thinly sliced	1
Small sweet yellow pepper, thinly sliced	1
Chicken breast strips **	500g
Canned black beans, drained and rinsed	125ml
Fresh coriander, chopped	¼ cup (50ml)
Avocado,lime and jalapeno dressing	300ml(1-1/4 cup)
Multigrain Tortilla chips	3 cups(750ml)

Method:

1. In large bowl, toss Romaine lettuce together with baby Arugula, arrange on large shallow serving platter.
2. Topped with cucumber, red and yellow pepper slices, add chicken strips.
3. Sprinkle with black beans and coriander. Drizzle dressing over entire salad, top with Tortilla chps and serve immediately.

Store bought rotisserie cooked chicken works fine

