



serves

your notes:

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Apple & Chicken Salad

You Will Need

- 150g cooked chicken breast
- 1 handful of salad leaves
- 1/4 cucumber, chopped
- 1 apple, chopped
- 1 tbsp olive oil
- juice of one lemon
- 1 garlic clove

Let's Cook!

- Blend together the garlic, lemon juice and the olive oil to form your dressing.
- Mix together the rest of the salad ingredients in a bowl.
- Pour over the dressing.
- Enjoy!