

# LEAN CHICKEN & LENTIL SALAD



Serves 2-3

*Fresh, vibrant and packed with goodness, this salad celebrates local high-welfare chicken from Essington butchery alongside protein-rich lentils and crisp seasonal vegetables. Perfect for a light yet satisfying lunch or dinner.*

## Ingredients

2 chicken breasts

1 cup cooked green lentils

1 cup cherry tomatoes, halved

½ cucumber, diced

2 cups mixed salad leaves

1 tbsp olive oil

Juice of 1 lemon

Sea salt and freshly ground black pepper

*Optional: crumbled feta cheese or a sprinkle of pumpkin seeds*

## Method

Season the chicken breasts with salt and pepper.

Roast in a preheated oven at 180°C for 20–25 minutes or Air Fry in preheated Air Fryer 190°C–200°C for 12–18 minutes, until cooked through and golden.

Allow to rest briefly before slicing.

In a large bowl, combine the lentils, cherry tomatoes, cucumber and mixed salad leaves.

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Whisk together the olive oil and lemon juice, then drizzle over the salad and toss gently to combine.

Slice the rested chicken and arrange on top of the salad. Finish with feta or pumpkin seeds if using, and a final twist of black pepper.

## Protein-packed goodness

*Each high-welfare chicken breast provides around 30g of protein, while lentils contribute plant-based protein and fibre. Together they form a complete amino acid profile, creating a nourishing, energising meal that keeps you full and satisfied.*