

## Chicken Salad with Mango Salsa

### Ingredients:

- ❖ 3 x chicken breast
- ❖ 120g spinach, shredded
- ❖ 1 small red onion, sliced finely
- ❖ 1 large mango, chopped and diced
- ❖ 1/3 cup of mint leaves, shredded
- ❖ 1/4 cup shaved parmesan cheese
- ❖ 1/3 cup sweet chilli sauce
- ❖ 5-6 cups of mixed lettuce leaves
- ❖ 1 red chilli, thinly sliced

Serves 3-4

Preparation time: 20 mins

Cooking time: 10 mins



### Method:

Start by making the mango salsa. To do this combine, spinach, mint, parmesan cheese, mango, red onion and sweet chilli sauce in a bowl. Mix to combine and set aside. Next grill the chicken breasts in a frying pan over medium heat until golden brown and cooked through. Once cooked, slice chicken breast into thin pieces. Next assemble the salad by placing lettuce leaves on the serving platter, followed by the sliced chicken and topped with mango salsa and red chillies.