

# Cucumber, Avocado and Chicken Salad

**Calories:** 119 kcal

**Servings:** 2

**Time:** 0 Mins

## Ingredients

- 120.00 g Chicken Breast
- 1.50 tsp Olive Oil

## Instructions

1. Chicken & Marinade:
2. Cut the chicken breast into strips. Add olive oil to a medium heat pan and cook the chicken strips 2mins on each side.
3. Mix mustard, honey and salt in a bowl to make the marinade. Grease the top of the chicken with h the marinade, then turn and cook for 2mins. Coat the remaining side and turn to cook for further 2 Once cooked, allow to cool slightly before chopping into bite size pieces.
4. Garlic Dressing:
5. Mix mayonnaise, yoghurt and crushed garlic together to make the dressing. Season with salt and pepper.
6. Salad:
7. To make the salad, chop the lettuce, basil, avocado, cucumber and walnuts, and drizzle with lemon juice.
8. To serve, place half of the salad into two bowls, and top each with half portions of chicken. Drizzle garlic dressing on top and enjoy.