

# Kale and Chicken Salad with Nut Butter Dressing

**Calories:** 0 kcal

**Servings:** 4

**Time:** 0 Mins

## Ingredients

- 0.20 g Black Pepper (to taste)
- 100.00 g Cabbage (shredded)
- 50.00 g Carrots (grated)
- 280.00 g Chicken Breast
- 1.00 tbsp Coconut Oil
- 90.00 g Kale
- 160.00 g Red Capsicum (sliced)

## Instructions

1. To make the nut butter dressing, combine all ingredients in a bowl and mix well.
2. Chop the kale, capsicum and cabbage, and great the carrot. Then toss in a salad bowl.
3. Cut chicken breast into strips. Heat the coconut oil in a pan, then add the chicken strips and season with salt and pepper. Fry on medium-high heat for 5mins on each side or until golden brown.
4. To serve, divide the salad between 4 bowls and top with chicken. Drizzle the nut butter dressing on each and season with black pepper and extra lime if desired.