

Less than 45 minutes

Serves 4

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Ingredients:

- 4 chicken breast fillets
- Glug olive oil
- Salt and milled pepper
- 4 cups brown rice, cooked
- 1 bunch spring onions, chopped
- Handful each fresh basil, mint and coriander, chopped
- 1 cup (250ml) frozen peas, blanched
- 2 handfuls English spinach
- 1 packet (200g) asparagus, halved and blanched

Dressing:

- 1 avocado, peeled and chopped
- Small handful each fresh basil, mint and coriander
- Juice (60ml) of 1 lemon
- Handful baby spinach
- 1 green chilli, seeded and diced
- 1 clove garlic, crushed
- 2-4 Tbsp (30-60ml) warm water or yoghurt

Method

1. Drizzle chicken with oil and season well.
2. Fry for 2-3 minutes per side or until cooked through, then set aside.
3. For the salad, toss together rice, spring onions, herbs, peas, spinach and asparagus.
4. Blitz dressing ingredients in a food processor until smooth and creamy.
5. Divide salad into bowls, top with chicken and serve dressing on the side.

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