

RECIPE

# Vitality Chicken Salad with Avocado Dressing



Ready in **5 minutes**

Serves **1**

## Ingredients

- [handful frozen soya beans](#)
- 1 [skinless cooked chicken breast](#) , shredded
- ¼ cucumber , peeled, deseeded and chopped
- [½ avocado](#) , flesh scooped out
- few drops Tabasco sauce
- [juice ½ lemon](#) , plus a lemon wedge
- 2 tsp extra-virgin olive oil
- [5-6 Little Gem lettuce](#) leaves
- 1 tsp mixed seed

## Preparation

1. Blanch the soya beans for 3 mins. Rinse in cold water and drain thoroughly. Put the chicken, beans and cucumber in a bowl.
2. Blitz the avocado, Tabasco, lemon juice and oil in a food processor or with a hand blender. Season, pour into the bowl and mix well to coat.
3. Spoon the mixture into the lettuce leaves (or serve it alongside them) and sprinkle with the seeds. Chill until lunch, then serve with a lemon wedge.