

CHICKEN, AVOCADO FETA SALAD

WITH CREAMY GARLIC DRESSING

Recipe Yield | 1x main course

Equipment | Stove, deep fryer

Cooking temperature | 180°C

Preparation time | 15 minutes

Cooking / setting time | 10 minutes



INGREDIENTS

2 Chicken Tender Strip, sliced
1 Egg, boiled and quartered
1/4 Avocado, peeled and sliced
45g Feta, cubed
4 Cherry tomatoes, halved
70g Washed lettuce leaves, assorted
10g croutons
3 Toasted Sunflower seeds
Picked coriander and mint
15g Red onion, julienne
Microherbs to garnish

Garlic Dressing (makes 250ml)

250 ml Nola Original
5 g Roasted garlic, pureed
5 ml Lemon juice, fresh

METHOD

1. Deep fry the chicken Tender strip for 4-5 minutes until fully cooked.
2. Assemble the salad starting with the lettuce as a base. Layer the salad with the ingredients finishing with quartered boiled egg chicken strips and sliced avocado.
3. Garnish with microherbs and toasted sunflower seeds.
4. Dress salad with Garlic dressing or salad dressing of choice.