
Chicken & Lentil Salad



Prep time: 10 Minutes
Cook time: 30 Minutes



Medium



Non Veg



Serves: 4

Vibrant, tasty, low-calorie, burst-in-your-mouth-with-flavours salad made with sautéed chicken, green lentils and readily available veggies is going to leave you asking for more. For a twist, you may choose to cook the lentils in a flavored broth or just marinate them in your choicest dressing. What's our secret to this quick, easy and tasty chicken & lentil salad? It's definitely Humza Chicken Breast Fillets. What's your say?



Featured product Chicken Breast Fillets

Quality fresh class A chicken breast fillets - highly versatile and one of the healthiest meals. Can be used to create rice bowls, stir-fries, salads, curries, soups, sandwiches, etc.

Ingredients:

- 500g Humza Chicken Breast Fillets
- 2 cups (cooked and cooled green lentils)
- 1 carrot (finely diced)
- 2 cucumbers (finely diced)
- 1/2 cup sunflower seeds (toasted)
- 1/4 cup parsley (finely chopped)
- 1/4 medium red onion (finely chopped)
- 2 cloves garlic (minced)
- 2 tbsp olive oil
- 1 tsp lemon juice
- 1/2 tsp salt
- 1/2 tsp ground black pepper

Method:

1. In a large frying pan, heat oil over medium-high heat. Add garlic and cook for 2 minutes until aromatic.
2. Stir in Humza Chicken Breast Fillets, spices and continue to cook until the chicken is moist and tender.
3. Thickly shred the chicken and keep aside.
4. Mix rest of the ingredients in a large bowl and toss gently to combine.
5. You may serve immediately or place in the refrigerator for an hour to allow the flavors to blend.
6. This salad can be stored for up to a week in the refrigerator.

