

Chicken Tricolore Salad

with Fresh Mozzarella, Avocado and Tomato



This salad contains the 3 colours of the Italian flag!

Cooking Time: 20 min | Gluten-Free
Cals 719 | Prot 68 | Carbs 28 | Fat 38

Tips For Fussy Eaters

Serve the dressing and flaked almonds on the side.

Pro Tip

Only dress your salad just before serving, otherwise it will go soggy!

Ingredients For 2 For 3 For 4

Salad

Chicken breast	450	600	900	Grams
Romaine lettuce	200	300	400	Grams
Tomatoes	2	3	4	Piece
Mozzarella ball	125	250	250	Grams
Avocado	1	2	2	Piece
Fresh basil	15	15	15	Grams
Almond flakes	30	45	60	Grams

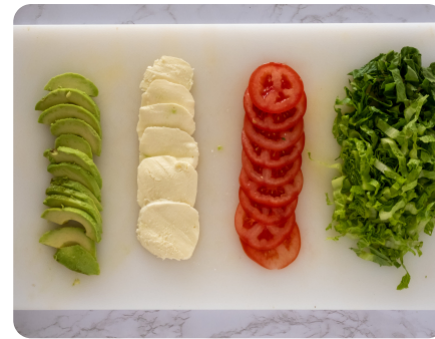
Dressing

Dijon mustard	6	9	12	Grams
Balsamic vinegar	15	22	30	ML
Honey	15	15	30	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp



1 Fry chicken

Heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through.



2 Slice

Meanwhile, rinse, dry and chop the **Romaine lettuce**. Wash and finely slice the **tomatoes**. Drain and finely slice the **mozzarella**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it.



3 Make dressing

In a small bowl, combine the **Dijon mustard**, **balsamic vinegar**, **honey**, **olive oil**, **salt** and **black pepper**. Whisk well and set aside - this is your **dressing**.



4 Serve

Once cooked, slice the **chicken**. On a plate, layer the **tomato** slices with the **mozzarella** and **fresh basil** leaves. Add the **lettuce** to the plate. Top with the **chicken slices**. Drizzle with the **dressing** and garnish with the **almond flakes**.



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