Healthy No Lettuce Salad Recipe

Prep time: 10 mins Cooking time: 0 Serves: 6

Ingredients

- 1 BBQ chicken deboned and shredded (skin off)
- 1 large continental cucumber, halved lengthways and sliced into 2cm thick slices
- 4-5 large tomatoes sliced or chopped
- ¼ red onion thinly sliced
- 2 avocados peeled, pitted and diced
- ½ cup flat leaf parsley chopped
- 3 tablespoons olive oil
- 2-3 tablespoons lemon juice (or the juice of 2 limes)
- Salt and pepper to taste

Method

1. Mix together shredded chicken, cucumbers, tomatoes, onion, avocados, and chopped parsley in a large salad bowl.
2. Drizzle with the olive oil and lemon juice (or lime juice), and season with salt and pepper. Toss gently to mix all of the flavours through.
3. Store in an airtight Tupperware container for extra life and easy transportation

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