

Chicken Bacon & Avocado Salad



Recipe By FoodieBook

Ref: 343

Heading: Salads

Cuisine: British & Irish

Food Type: Meat

No of Portions: 4

Ingredients & Prep

300 g Iceberg lettuce, chopped

300 g Chicken cut into strips

150 g Bacon rashers roughly chopped

1 tsp Oregano dried

2 tbsp Olive oil for frying

Salad

12 Cherry tomatoes halved

200 g Cucumber chopped

2 Avocado large sliced

2 Spring onion finely sliced

Dressing

50 ml Olive oil

2 tbsp Balsamic vinegar

1 tbsp Lemon juice

1 tsp Dijon mustard

1/2 tsp Black pepper freshly ground

Garnish

sprinkle Fresh parsley chopped

Suggestion & Tips

Excellent with crusty bread.

Method

Step 1 - Place chicken strips in a bowl & sprinkle over oregano, rub in to coat, set aside.

Step 2 - Heat a frying pan on a med & fry the bacon until crispy in the frying oil, remove set aside to cool, add the chicken & stir & fry until cooked.

Step 3 - Make the salad by preparing the lettuce, tomato, cucumber, & avocado, crispy bacon & placing in a serving bowl.

Step 4 - Make the dressing by putting olive oil, vinegar, lemon juice mustard & black pepper into a clean jam jar & giving it a good shake, or blend with a stick/hand blender, then dress the salad.

Step 5 - Place chicken strips over the salad & garnish.