

Grilled chicken avocado salad

Description

Sometimes the simplest things are exactly what you crave or need. This easy grilled chicken avocado salad is still a pretty substantial salad, so it makes a perfect lunch or a light summer dinner.

The avocado does quite a bit of the heavy lifting here. It adds fibre and mostly unsaturated fats, the type of fats generally considered better for your heart than saturated fats. But maybe more importantly, it gives the salad that creamy richness that makes a pile of lettuce, tomatoes and chicken feel like an actual meal.

I love the combination of the warm grilled chicken with the avocado, tomatoes and fresh lambâ€™s lettuce, and then that cool yogurt dressing over the top. Add some bacon lardons if you feel like it, for some crispness and saltyness or leave them out. Nothing revolutionary here, just really good stuff.

I have a few variations on salads with chicken, so stay tuned, more coming up.

BLF balance â“˜ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

7.5 / 10

BLF Flavour

8 / 10

BLF Easy

8.5 / 10

MAKE IT MORE BALANCED
Serve with 1â€“2 slices of wholegrain bread for more fibre and complex carbs,**(+1)**

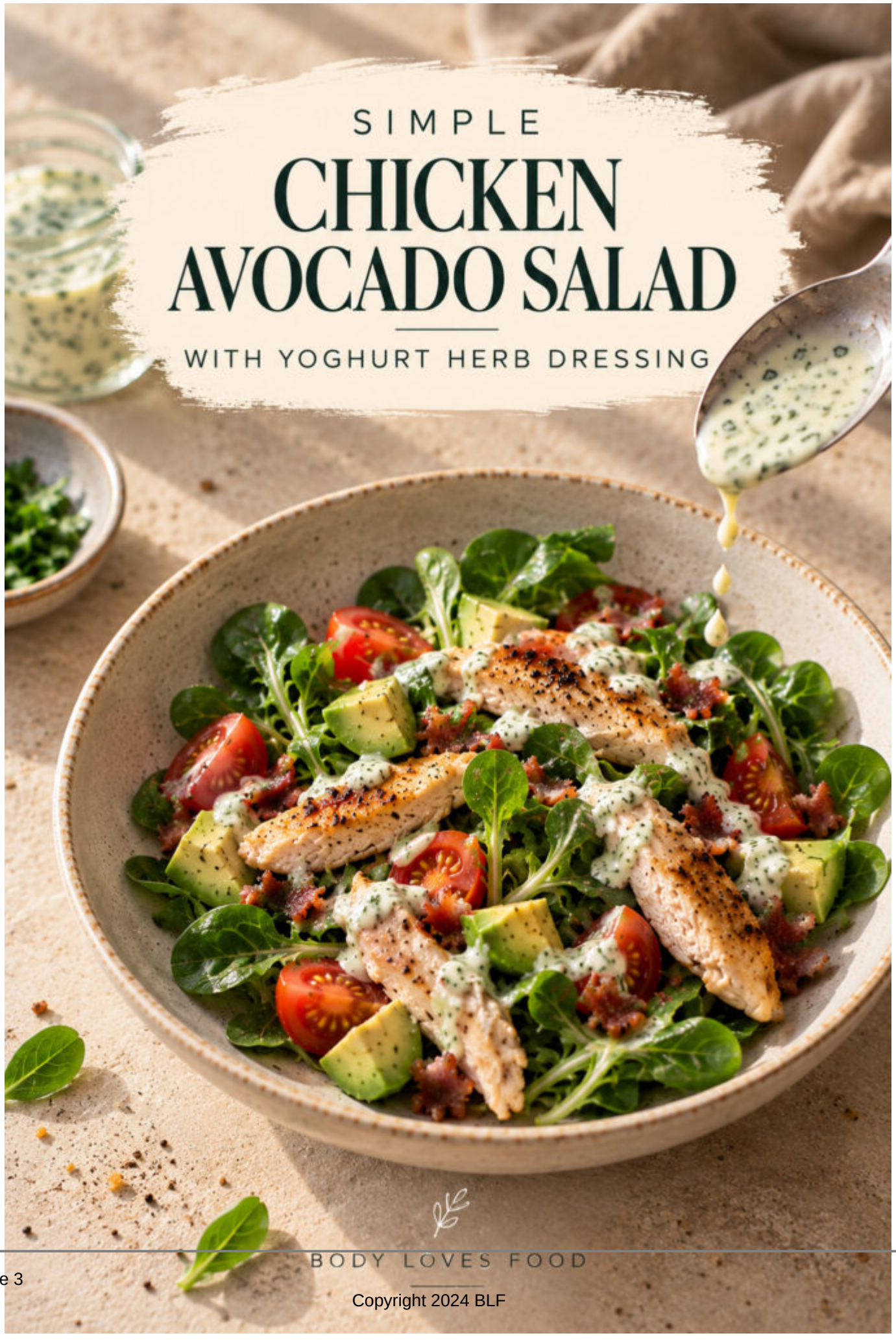
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Add a small handful of walnuts or pumpkin seeds for extra fibre, plant variety and crunch. **(+0.5)**

Nourishment

Fiber: medium
Veggie level: medium
Keeps you full: pretty well
Energy: light & steady
Mood: fresh & uncomplicated

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Details

Servings
2 servings

Prep time
10 minutes

Cooking time
10 minutes

Protein
~35â€“40 g

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Ingredients

- 100â€“125 g lambâ€™s lettuce
- 250â€“300 g chicken breast
- 200 g cherry tomatoes, halved
- 1 avocado
- 75 g bacon lardons, optional
- Sakt & (black) pepper
- **Dressing**
- 3 tbsp Greek yoghurt
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice or sherry vinegar

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- Small handful fresh parsley, finely chopped
- Salt & pepper

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Directions

- Season the chicken with salt and pepper. Heat a little olive oil or butter in a frying pan and grill the chicken until golden and cooked through. Let it rest for a few minutes, then slice.
- If using bacon, fry until crispy and dry in kitchen paper
- Mix the yoghurt, olive oil, lemon juice or sherry vinegar and parsley. Season with salt and pepper.
- Divide the lambâ€™s lettuce between two plates. Add the cherry tomatoes, avocado, grilled chicken and optional bacon.
- Drizzle the dressing just before serving

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