

Chicken, pear & walnut salad



Makes 5 regular serves

Ingredients

400g cooked chicken, shredded
2 ½ pears, thinly sliced
160g walnuts, roughly chopped
120g feta, crumbled
200g rocket

Dressing

2 tbs balsamic vinegar
1 tbs dijon mustard
1 tbs brown caster sugar
½ cup olive oil
Salt & pepper

“ This meal in a bowl, with a tangy dressing will keep the afternoon munchies at bay. Filled with lean protein and good omega-3 fat from the walnuts, it will keep you feeling full for the afternoon. The salad also provides a good dairy source of calcium with the feta cheese and some fruit to your day - if you find it hard to get your 2 pieces of fruit.

Mary du Heaume
Dietitian APD
HBF Member Health Coach

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Nutrition information

Servings per recipe: 5 | Serving size: 300 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2600 kJ	868 kJ
Protein	34.3 g	11.4 g
Fat, total	46.6 g	15.5 g
- saturated	8.4 g	2.8 g
Carbohydrate	14.2 g	4.8 g
- sugars	13.7 g	4.6 g
Sodium	397 mg	132 mg

Recipes provided by Leap Café Perth. Leap Café specialises in healthy, fresh, and nutritionally balanced food.

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