

## Bean, tomato & barbecue chicken salad



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Preparation 25 mins | Cooking 2 mins | Serves 4

- 150g green beans, trimmed
- ½ take-away barbecued chicken
- 2 Lebanese cucumbers, diced
- 200g tomato medley, halved
- 6 butter lettuce leaves, roughly torn
- 75g Danish Feta cheese, sliced
- 2 tbs extra virgin olive oil
- 2 tsp caramelised balsamic vinegar

**STEP 1** Bring a small saucepan of water to the boil. Add beans and cook for 2 minutes until just crisp. Drain and refresh in cold water. Pat dry.

**STEP 2** Shred the flesh from the chicken, discard skin and bones. Place chicken into a bowl. Add beans, cucumbers, and tomatoes. Gently toss to combine. Toss through lettuce and feta. Combine oil and vinegar in a small bowl. Drizzle over salad, gently toss and serve.

### Good for you... **BEANS**

*Provide some iron, which is especially important for those who don't eat much meat. Iron is needed for making red blood cells, which carry oxygen throughout the body. The vitamin C in beans can also help the absorption of iron.*

