

# Baby cucumber, avocado & chicken salad with lime miso dressing



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Preparation 20 mins + chilling time | Cooking 10 mins + standing time

Serves 4

3 (about 750g) free-range chicken breast fillets, trimmed  
3 cups salt reduced chicken stock  
250g pkt (2 microwave cups) super grains or brown rice  
100g baby spinach leaves  
400g baby cucumbers, cut lengthways into wedges  
2 just-ripe avocados, halved, deseeded and thickly sliced lengthways  
Black sesame seeds, red radish micro herbs and pickled ginger, to serve

### Lime miso dressing:

2 tbs Shiro miso paste  
½ cup lime juice  
1 tbs sesame oil  
1 tbs maple syrup

**STEP 1** Place chicken into a deep saucepan. Pour over stock. Cover and bring to the boil over medium heat. Reduce heat and gently simmer, covered and turning once, for 6 minutes. Turn off the heat and leave the chicken in the pan, covered, for 10 minutes or until just cooked through. Drain and chill chicken.

**STEP 2** Microwave the rice following packet directions.

**STEP 3** Meanwhile, to make lime miso dressing, place all ingredients into a bowl. Whisk until smooth and well combined. Season with black pepper to taste.

**STEP 4** Shred the chicken. Arrange spinach, cucumbers, chicken, avocado and rice in serving bowls. Drizzle with the lime miso dressing. Sprinkle with black sesame seeds and red radish micro-herbs. Serve with pickled ginger.