

# Low-fat spring greens & chicken salad



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Preparation 20 mins | Cooking 5 mins + standing time | Serves 4

600g free-range chicken tenderloins, trimmed  
2 cups chicken stock  
150g sugar snap peas, trimmed  
150g snow peas, trimmed  
2 bunches baby asparagus, trimmed  
2 green onions (shallots), trimmed and thinly sliced  
6 green oakleaf or butter lettuce leaves, torn

### Mint & dill yoghurt dressing

2 tbs low fat Greek style natural yoghurt  
2 tbs lemon juice  
1 tsp Dijon mustard  
2 tbs mint leaves, finely chopped  
1 tbs dill leaves, finely chopped

**STEP 1** Place chicken and stock into a large frying pan. Bring to the boil over medium heat, turning occasionally. Reduce heat and simmer for 3 minutes. Turn off heat, cover and set chicken aside in pan for 10 minutes or until cooked through. Drain and cool for 10 minutes then shred chicken.

**STEP 2** Meanwhile, bring a saucepan of water to the boil over high heat. Plunge sugar snap peas, snow peas and asparagus into pan. Boil for 1 minute. Drain, refresh in cold water and dry on paper towel. Combine vegetables, green onions and chicken in a bowl. Gently toss and place into a serving bowl or plates.

**STEP 3** To make the dressing, place all ingredients in a bowl. Season with salt and pepper. Mix until well combined. Drizzle salad with dressing and serve.