

# Pear, grape & chicken chopped salad



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Preparation 30 mins + cooling time | Cooking 5 mins | Serves 4

- 1 lemon, sliced + 1 tbs lemon juice
- 500g free-range small chicken breast fillets, halved lengthways
- 2 firm Williams pears
- 200g seedless green grapes, stems removed
- 2 sticks celery, trimmed and chopped
- 2 green onions (shallots), trimmed and thinly sliced
- ½ cup toasted walnuts, chopped
- 2 Little Gem or Baby Cos lettuce, trimmed and chopped

### Lemon mayo dressing:

- ½ cup whole egg mayonnaise
- 1 tbs lemon juice

**STEP 1** Place the sliced lemon into a deep frying pan of water. Bring to the boil over high heat. Add chicken, cover and cook for 5 minutes. Remove from heat, cover and leave chicken in pan for 10-15 minutes or until cooked through. Transfer chicken to a plate, cover and refrigerate until cooled.

**STEP 2** Halve pears lengthways, remove core and chop. Place into a large bowl. Drizzle with lemon juice. Chop chicken. Add chicken, grapes, celery, green onions, walnuts and lettuce to pears.

**STEP 3** To make the dressing, combine ingredients in a bowl. Season to taste. Drizzle dressing over salad, gently toss to combine and serve.

### Good for you... PEARS

*A good source of dietary fibre. Pears are also a natural source of sorbitol, which helps keep the body regular. Provide vitamin C, an important vitamin for healthy gums and blood vessels. A fruit with a low GI, which means it releases its natural sugars slowly.*

