



## Chicken, Zucchini and Sweet potato salad

Makes 1

### Ingredients

- 120gm chicken breast - 100gm zucchini
- 1/3 cup sweet potato - 100gm capsicum
- ½ cup spinach
- 6 or 7 cherry or Sweet Solonato tomatoes
- ¼ of an avocado
- 100gm cucumber
- 30gm goats cheese or fetta cheese
- A handful of pomegranate arils (to top)
- Olive oil (for dressing)
- The juice of ¼ of a lemon.

### Steps

1. Preheat oven to 210 degree Celsius.
2. Cut up Sweet potato in wedges and put on a baking tray and cook in oven for 35 – 40 minutes depending on your oven or until crispy.
3. On another baking tray put the cut up zucchini and capsicum and cook in the oven for 20 – 25 minutes depending on your oven. I would check after 15 minutes and then see how much longer you want to leave it in for.
4. Cut up chicken breast into 2 or 3 pieces and cook in a fry pan with a drizzle of olive oil until cooked thoroughly. This should take about 5 – 10 minutes to cook depending how big the pieces are that you cut it into.
5. While chicken is cooking place the spinach, avocado, goats/fetta cheese, cucumber on a plate and top with the pomegranate arils and dress with drizzle of olive oil and the juice of ¼ of a lemon.
6. Once the vegetables and chicken are cooked, place on the plate/ bowl.

