



Shredded Salad with Chicken, haloumi and zucchini

(makes 4)

Ingredients

- 2 zucchinis
- 120gm of Haloumi
- 2 cups spinach
- ½ red cabbage
- ½ white cabbage
- 2 carrots
- 1 lemon
- 1 avocado
- 4 big Beetroots or 8 small beetroots
- Drizzle of olive oil

Recipe

1. Cut the red cabbage, white cabbage and carrot up and mix in a bowl
2. Slice the haloumi and zucchini so you get 4 long slices from each zucchini and so you have 2 pieces of haloumi for each bowl.
3. Chop the chicken up and then thoroughly cook in a pan on the stove
4. In another pan cook the zucchini and haloumi until lightly brown.
5. Into 4 bowls place equal amount of the spinach, and chopped mix and cut up the beetroot and place into each bowl.
6. Cut the avocado into slices and place equal amounts into each bowl.
7. Then place the Zucchini and haloumi over the salad mix and top with the chicken.
8. Cut the lemon into 4 and use to season

