



Lemony Chicken Salad Bowls

with Zaatar and Avocado

 20min  4 Portions

At the end of a big day, what could be better than charging up on crisp veggies, lean chicken and omega-3 rich avo? That zaatar, an aromatic mix of sumac, sesames and dried herbs, gives a real punch of flavour that even the kids will love. This is super fast to make and the best part? You could fully eat this on the lounge, if the mood's turned slouchy.

What we send

- avocados
- baby cos lettuce
- zaatar spice blend ¹¹
- carrots, Lebanese cucumber
- lemon
- sunflower seeds
- tomatoes
- free-range chicken breast fillet

What you'll require

- olive oil
- sea salt and pepper

Utensils

- large frypan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 595kcal, Fat 40.4g, Carbs 9.4g, Proteins 43.0g



1. Prepare vegetables

Peel and grate the **carrots**. Cut the **cucumbers** and **tomatoes** into 3cm chunks. Coarsely chop the **lettuce**.



2. Marinate chicken

Cut the **chicken** into 3cm chunks. Put in a bowl with **1 tbs olive oil** and **2 tsp zaatar** and toss to coat well.



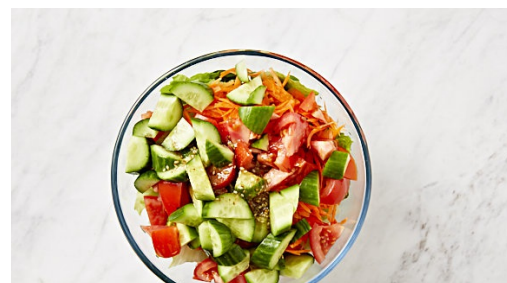
3. Cook chicken

Put the **sunflower seeds** in a cold large frypan over medium heat and cook, tossing the pan, for 3-4 mins until light golden. Remove the seeds. Add the **chicken** to the pan, season with **salt and pepper** and cook for 3 mins each side or until golden and cooked through. Remove from the pan and set aside.



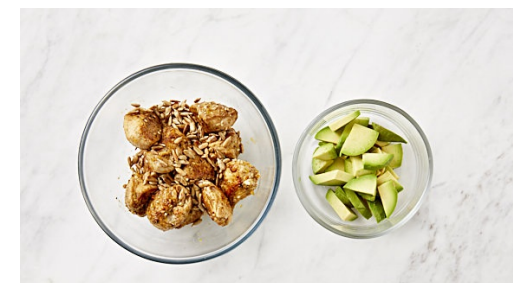
4. Make dressing

Meanwhile, finely grate the **lemon zest** then juice the lemon. Put the lemon juice, **remaining zaatar** and **2 tbs olive oil** in a bowl, season with **salt and pepper** and whisk to combine well.



5. Dress salad

Put the **carrot, cucumber, tomato** and **lettuce** in a large bowl, add **half the dressing** and toss to combine well.



6. Assemble salad

Remove the skin and stones from the **avocados** and cut into small chunks. Put the **chicken, sunflower seeds** and **remaining dressing** in a bowl and toss to coat. Divide the **salad, zaatar chicken** and **avocado** among bowls to serve.