

Spiced Chicken & Pineapple Salad

Ingredients

- 227g can pineapple in juice
- 140g pack cooked, sliced chicken breast
- 1 small red onion, halved and thinly sliced
- 90g bag mixed leaf
- small bunch coriander, leaves picked
- handful cherry tomatoes, halved
- 1 red chilli, deseeded and chopped
- 2 tbsp white wine vinegar
- 1 tbsp sweet chilli sauce (sweet chilli, hot and spicy or BBQ work well)



Method

1. Drain the pineapple, reserving the juice. If in rings, chop into chunks.
2. Mix with the chicken, onion, leaves, coriander and tomatoes, and divide between 2 containers if taking as lunch.
3. For the dressing, whisk 2 tbsp of the pineapple juice, the red chilli, vinegar and sweet chilli sauce with some seasoning in a small jam jar or lidded container, and toss this through the salad before serving.

Notes

Nutrition: per serving

kcal

176

fat

2g

saturates

1g

carbs

17g

sugars

16g

fibre

5g

protein

22g

salt

1g

Prep: 10 mins
No cook

Easy

Serves 2