



### **Chicken, Fetta and Pomegranate Salad**

1 bag of lettuce leaves—spinach, rocket or mixed leaves work

800g skinless, boneless, free range chicken breast

¼ small pumpkin (Jap or Kent)

1 avocado

A pomegranate (fresh) or alternatively small bag of dried

Pomegranate seeds

1 packet of Goats cheese feta

Tub of cherry tomatoes

½ continental cucumber

Nut oil for dressing (such as macadamia)

Good quality balsamic (any sort of caramelised balsamic works well too for a slightly sweeter salad)



Chop pumpkin into 2cm cubes (remove skin) and pop on tray lined with baking paper. Season with a spritz of olive oil and some salt, pepper and dried herbs then bake in a hot oven at 220 degrees until slightly browned.

Spread salad leaves on serving plate and top with chopped cucumber, cherry tomatoes, and sliced avocado. Crumble and spread Feta cheese over the top. Leave salad to sit for a few minutes while you do the next step.

Thinly slice chicken breast and pan fry in a small amount of olive oil until cooked through. Then, toss warm chicken over the top of salad. Do the same with the pumpkin once it is baked sufficiently.

Lastly, toss fresh or dried pomegranate seeds over the top of the salad and drizzle with olive oil and balsamic. Easy and delicious.

*Note: fresh pomegranate is hard to get year round but if you can find it is really is beautiful in this salad. To remove seeds from a fresh pomegranate, slice it in half and then turn the pomegranate out, hitting the skin with a spoon and the seeds will then pop out of the pomegranate.*