

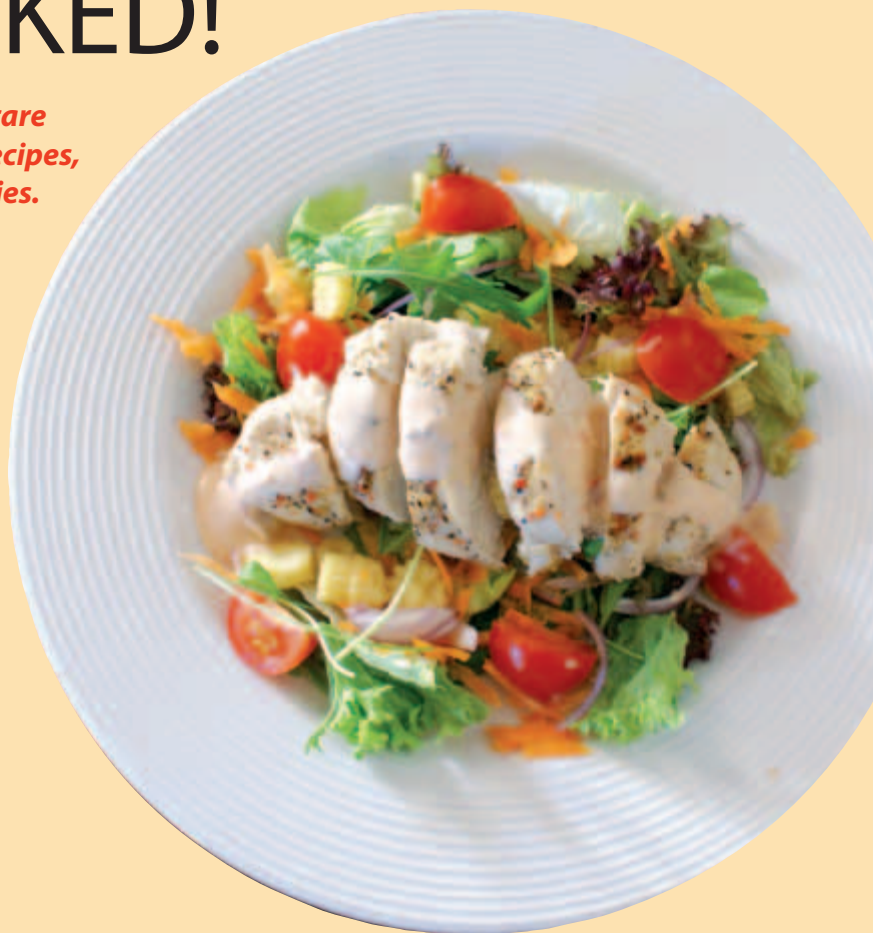
# POWER-PACKED!

*Sarah Sinaram, dietitian, National Healthcare Group Polyclinics, brings you two simple recipes, stuffed with all the goodness of fresh veggies.*

## Power Chicken Salad

Serves 4      Time to make: 30 minutes

- Cooking oil spray (Healthy Choice symbol)
- 500g skinless chicken breast fillet, thinly sliced
- 400g canned chickpeas, rinsed & drained
- 300g butternut pumpkin, peeled and cut into 1 cm pieces
- 1 large red capsicum, thinly sliced
- 60g rocket lettuce leaves
- 1/3 cup low fat natural yoghurt
- 1/4 cup lime or lemon juice
- 2 tablespoon sweet chili sauce



### Method

1. Heat a non-stick frying pan over medium heat. Spray cooking oil.
2. Add cut pumpkin to pan and cook, stirring for 3-4 mins.
3. Add capsicum and cook till tender, about 3-4 mins.
4. Transfer to a large bowl.
5. Add chicken to pan and cook till brown. Transfer to bowl, wait til the chicken cools slightly.
6. Add chickpeas & rocket to the bowl and mix well.
7. For salad dressing, add the yoghurt, juice and sweet chili sauce in a cup and whisk with a fork.
8. Divide salad into 4 salad bowls and drizzle with yoghurt dressing.

Nutrients Per Serve	
Energy	350 Cals
Protein	35.7g
Total Fat	11.3g
Carbohydrates	24g or 1.5 CHO Exchange
Dietary Fibre	5.4g