

40. Warm Chicken and Lentil Salad

Serves: 4;
Preparation: 20 minutes;
Cooking: 10 minutes.

Ingredients:

- 1 large barbecue chicken, skin removed
- 2 tablespoons extra virgin olive oil
- 2 garlic cloves, finely chopped
- 250g baby Roma tomatoes, halved
- 2 x 400g cans lentils, drained and rinsed
- 2 tablespoons white balsamic dressing
- 100g baby spinach

Directions:

1. Take the chicken off the bone and thickly shred the meat, then chop into bite size pieces.
2. Heat the oil in a large frying pan over medium-high heat. Add garlic and cook for 2 minutes or until fragrant. Add chicken and tomatoes. Cook, stirring, for 3 minutes or until warmed through.
3. Add lentils and dressing. Toss gently for 1 to 2 minutes or until heated through and well combined. To serve, scatter the chicken mixture over spinach and season with pepper.