

Greek Island Salad with Chicken & Avocado



Serves 6

Prep 10 mins

Cooking 1h 50 mins

Easy

(inc. cooking chicken)

Ingredients

1.8kg roasted chicken, at room temperature

2 hearts romaine lettuces

4 tomatoes

3 spring onions

2 ripe avocados

3 tbsp lemon juice, plus extra for squeezing

200g packet feta cheese

½ tsp dried oregano

½ tsp dried mint half a bunch of parsley

5 tbsp extra-virgin olive oil

2 tbsp black kalamata olives pitta bread, to serve (optional)

1. Pull the meat from the chicken and shred it roughly. Trim the base from each lettuce, wash and dry the leaves, then roughly shred them. Cut the tomatoes into wedges. Finely slice the spring onions (using both white and green parts). Cut the avocados in half lengthways, remove the stones and peel. Cut crosswise into slices, and squeeze with lemon juice. Crumble the feta cheese with your fingers and toss it with the dried oregano and mint. Pick the leaves off the parsley and set aside.
2. Whisk the 3 tbsp of lemon juice with the olive oil, sea salt and pepper. In a large bowl, toss the chicken, lettuce, tomatoes and spring onion, then fold through three quarters of the dressing with the avocados (carefully, so the avocados don't break up). Season with salt and pepper, then scatter over the feta, olives and parsley, and drizzle with the rest of the dressing. Squeeze extra lemon juice on top, and serve with pitta bread if you wish.