

Pesto Chicken Salad



Serves 2

Prep 20 mins

No cook

Easy

Ingredients

50g Couscous

2 tbsp pesto

2 tbsp fat-free yoghurt

2 cooked, skinless chicken breasts or 200g leftover roast chicken, shredded

1/2 cucumber, chopped

2 sun-dried tomatoes in oil, drained and sliced

2 little gem lettuces, leaves separated

2 tsp toasted pine nuts

1. Put the couscous in a large, heatproof bowl and cover with 100ml boiling water. Stir in 1 tbsp pesto. Cover and leave for 8 mins.
2. Fluff the couscous with a fork, then stir in the rest of the pesto, the yoghurt and some seasoning. Toss in the chicken, basil, chopped cucumber and sundried tomatoes.
3. Spoon the couscous mixture into the lettuce leaves to eat with your fingers, or serve over the lettuce like a salad. Scatter over the pine nuts and more basil before serving.