

Protein Packed Lunch



Ingredients

5 Chicken Breasts or 800g
Frozen Chicken Breasts

400g Tin Chickpeas

5 Handfuls Baby Spinach

1 Pack Green Beans

15 Cherry Tomatoes

1/2 Cucumber

5 Spring Onions

Hummus

Mixed Herbs

Onion Salt

Pepper

Balsamic Vinegar

Method

Preheat the oven to 170 (fan). Cut the chicken breast into chunks and place onto a baking tray. Drizzle over a tsp of olive oil, sprinkle over some onion salt, black pepper and mixed herbs. Place in the oven for 20-25 minutes.

Trim the green beans and add to a pan of hot water and boil for around 4 minutes, once cooked drain and run under cold water.

Drain the chickpeas and rinse well.

Once cooked, allow the chicken to cool.

Chop all the salad into chunks and share between 5 tubs with the chickpeas, green beans and chicken. Add 1 tbsp. hummus to each tub.

Drizzle over balsamic vinegar before enjoying.

Option to batch cook the chicken & green beans and make the salads fresh daily.