PERI PERI CHOPPED SALAD

Everything chopped to the same size, so every forkful gets the lot. Treat the list below as a formula rather than a rulebook. Make it Sunday, eat it all week.



LOVE 'EM®

SERVES 2 (OR 4 AS A SIDE) ♥ PREP 15 MINS ♥ NO COOK

WHAT YOU'LL NEED

- 250g Ingham's Chicken Portuguese Style Breast Pieces
- 2 Lebanese cucumbers
- 1 cup cherry tomatoes
- 1 red capsicum
- ½ red onion
- 1 cos lettuce heart
- ½ cup tinned chickpeas, drained & rinsed
- 40g feta, crumbled
- ¼ cup chopped fresh parsley or mint
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp honey
- Salt and pepper, to taste
- Large chopping board, a sharp knife and a big mixing bowl

HOW TO PREPARE

1. Chop everything, chicken, cucumber, tomatoes, capsicum, onion and lettuce into pieces roughly the size of a chickpea. That's the whole trick: same size, so every forkful gets everything.
2. Tip it all into a large bowl with the chickpeas and herbs.
3. Whisk the olive oil, vinegar and honey together in a small jar or cup, and season with salt and pepper.
4. Pour the dressing over and toss well to coat.
5. Scatter over the feta and toss once more, gently, so it doesn't break up completely.
6. Serve now, or divide between containers and refrigerate for up to three days. If you're making it ahead, keep the dressing separate and add it just before you eat.