



re:fresh
your health and wellbeing
RECIPES

CHICKEN AND PASTA SALAD ON LETTUCE

**10 MINS TO PREPARE AND
15-20 MINS TO COOK**

SERVES 4

INGREDIENTS

200g pasta shapes
500g chopped chicken breast
¼ cucumber, washed & chopped into chunks
6-8 Cherry tomatoes, chopped
75g low fat cheddar cheese, cubed
3 tablespoons natural yoghurt
2 tablespoons low calorie mayonnaise
3 spring onions, washed and sliced
4 large lettuce leaves, rinsed and shaken

METHOD

1. Fill a large pan with water and bring to the boil, once boiling add the pasta.
2. Cut the chicken breast into bite size pieces and fry until thoroughly cooked, with a golden brown colour.
3. Whilst waiting for the pasta to cook, chop up the cucumber, tomatoes, spring onion and cheese.
4. Once the pasta is cooked drain and add to a large bowl
5. Add the tomatoes, cucumber and cheese
6. Add the yoghurt and mayonnaise and blend together
7. Divide into 4. Serve each portion on a lettuce leaf and sprinkle with spring onion.

Note:

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