No-Fuss chicken & kale salad



Ingredients

- 150 g shredded roast chicken
- 2 large handfuls of kale, finely chopped
- ½ avocado, cut into small squares
- 2 tbsp finely grated Parmesan
- 1 tbsp pumpkin seeds
- 1 tsp extra-virgin olive oil
- A pinch of Celtic salt

Simple dressing

- 1 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tsp honey
- Celtic salt, to taste
- Cracked black pepper, to taste

Instructions

1. **Prepare the kale:** Remove the tough stems and finely chop the kale. Add to a bowl with 1 tsp olive oil and a pinch of Celtic salt. Massage the kale with your hands for 30–60 seconds until softened.
2. **Make the dressing:** Add the olive oil, lemon juice, honey, salt and pepper to a small jar or bowl. Shake or whisk until combined.
3. **Build the salad:** Add the shredded roast chicken, avocado, finely grated Parmesan and pumpkin seeds to the kale.
4. **Dress and toss:** Pour over the dressing and gently toss everything together, being careful not to mash the avocado.

Tip: Serve the roast chicken warm for a more satisfying meal.