



CHICKEN TENDERS GARDEN SALAD

If you're looking for healthy dinner recipes or ideas, consider trying our Chicken Tenders Garden Salad. Made with all white meat chicken and fresh vegetables, this salad is both tasty and nutritious, providing a satisfying meal that's high in protein and fiber. Why not give it a try and enjoy a healthy and delicious dinner tonight?

2 SERVINGS 30 MINS

WHAT YOU NEED INGREDIENTS & EQUIPMENT

- Ingham's Chicken Breast Tenders Original
- Romaine lettuce
- Rocket salad
- Cherry tomatoes
- Edamame
- Red cabbage
- Radish
- Red chilli peppers
- Range dressing

HOW TO COOK IN A FEW SIMPLE STEPS

1. Cook Ingham's Original Chicken Breast Tenders as per the instructions on the box.
2. Chop and thoroughly wash your romaine lettuce and your rocket salad.
3. Assemble salad with lettuce, chicken tenders, rocket, cherry tomatoes, edamame, red cabbage, radish and red chilli peppers.
4. Pour over your range dressing and serve while chicken tenders are hot.

