

Chicken Salad



7 Ingredients, 4 Servings, 45 Minutes Total Time

240 grams chicken breast (skinless) (cooked and shredded)

1 lime (juiced)

2 spring onions (chopped)

1 capsicum (bell pepper) (chopped)

1 egg yolk

1/2 cup oil*

1 teaspoon mustard (+ 1 tsp sweet chilli sauce – optional – NOT FOR SIBO)

Instructions

Mayonnaise Preparation:

- In the smallest bowl of your food processor, process the egg yolk and salt on low setting.
- Slowly add the oil. Use a light flavoured oil, such as light olive oil or walnut oil, to avoid an overpowering oil flavour coming through.
- It is very important to add the oil very slowly at the beginning, making sure the yolk and the oil have thoroughly combined before adding more oil.
- Once you start to see the yolk thickening, you can add the oil at a slightly faster rate.
- Once all the oil is gone, add the lemon juice and mustard.

Assemble salad:

- In a medium bowl, whisk together the mayo, lime juice, coriander/cilantro, a pinch of salt and 1 tsp sweet chilli sauce (optional - not for SIBO).
- Add the cooked shredded chicken, capsicum/ bell pepper and spring onion.
- Mix to combine.
- Let the salad sit in the fridge, so the flavours can blend, at least 30 minutes.
- Serve cold on greens of your choice.

Warnings

****SPRING ONIONS:** Use the GREEN part only for SIBO phase 1 & FODMAP Diets

****OIL*:** SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

****MUSTARD:** (if you are on the SCD or GAPS diets, check the ingredients or make your own)

Nutritional Information (per serving)

Calories	340
Total Fat	28g
Saturated Fat	3g
Cholesterol	85mg
Sodium	89mg
Total Carbohydrate	4g
Dietary Fibre	1g
Sugars	2g
Protein	14g
Calcium	22mg
Iron	1mg
Magnesium	23mg
Phosphorus	157mg
Potassium	329mg
Vitamin C	45mg
Thiamine	--
Riboflavin	--
Vitamin B6	1mg
Vitamin E	9mg