



## Lunches

### Chicken and Avocado Salad with Lime and Coriander

(Makes 4 servings)

- 2 cooked chicken breasts, shredded into large pieces.
  - 2 medium avocados, diced.
  - The juice of 1 lime.
  - Salt, to taste.
  - $\frac{1}{2}$  a thinly sliced onion.
  - Some chopped fresh coriander.
  - 2 Tbsp. natural yoghurt.
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- Combine all of the ingredients and serve with lettuce and any other salad of your choice.

### Coronation Chicken

(Makes 2 servings)

- 2 cooked chopped chicken breasts

#### **Coronation Sauce:**

- 4 big spoons of natural Greek yoghurt.
  - The juice of a lemon.
  - 2 to 4 teaspoons of curry powder.
  - 1 big teaspoon of tomato puree.
  - 1 sweet apple (golden delicious) grated.
  - Salt and pepper.
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- Mix all the sauce ingredients together.
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- Toss in the cooked chopped chicken breasts and serve with salad or sweet potato wedges (cut sweet potatoes into wedges and cook in oven (200 degrees) for 25-30 minutes).



### Spinach salad with crabmeat:

(Serves 4)

- 2 large bunch of fresh spinach leaves, washed and dried.
  - 1 onion, sliced thin.
  - 2 large tomatoes, sliced thin.
  - ½ lb. cooked shredded crabmeat.
  - 2 hard-boiled eggs, sliced thin.
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- Tear spinach leaves into small pieces, and mix with onions, tomatoes, and crabmeat.
  - Just before serving, toss spinach salad dressing and top with egg slices.

### Turkey Noodle Broth

- 50g turkey mince
- 2.5cm piece fresh root ginger peeled and very finely chopped
- Black pepper
- 750mls hot chicken stock
- 50g leeks, finely sliced
- 50g frozen peas
- 2 tbsp soy sauce
- 50g mushrooms, finely sliced
- 100g rice noodles, cooked
- 1 small bunch watercress, finely chopped
- Dash lemon juice

1. Mix the turkey mince with the chopped ginger and season with black pepper. Roll into small balls the size of a large marble.

2. Meanwhile, place the hot stock, leeks and peas into a large saucepan, bring to the boil, and cook for 2 minutes. Drop in the turkey meatballs one by one and simmer for 3-4 minutes until the turkey is cooked through.

3. Add the soy sauce, mushrooms, noodles and watercress. Warm through and check the seasoning, add a dash of lemon juice to finish and serve.