

Easy Chicken Salad

🕒 10-20mins

🍴 4

🎯 Easy



Use leftover roast or rotisserie chicken, or any other cooked chicken you have sitting in the refrigerator waiting to be used up to make a quick and easy chicken salad lunch, dinner, or snack.

This versatile chicken salad can be served as is, in a lettuce cup, between a couple of slices of low carb bread, over the top of a low carb crisp bread or even wrapped in your favourite low carb tortilla.

INGREDIENTS

- 400-600g Cooked chicken, chopped into bite-sized pieces or shredded
- 120g Raw Celery, sliced
- 20-40g Spring (green) Onions, finely sliced
- 8 Large Hard-Boiled Egg Yolks (I use yolks only)
- 8Tb Mayonnaise
- To Taste Himalayan Pink Salt and Black Pepper

METHOD

1. Chop or shred your cooked chicken into bite sized pieces and place into a large bowl.
2. Cut the celery into thin, horizontal slices (i.e. not long lengthwise) and add to the bowl.
3. Slice the spring onion (aka: green onions or scallions) into very fine horizontal slices. Add most to the bowl and set just a little aside to garnish when plating up the salad.
4. Take 8 boiled eggs and remove the yolks. Chop the egg yolks into pieces and add to the bowl. You can use the whole egg if you like. This will add filling bulk to the salad but will also make the protein ratio much higher.
5. Finally, add the mayonnaise to the bowl and then gently mix all of the ingredients together to combine. Do not mix too vigorously or you will break up the yolks.
6. Add salt and pepper to taste, garnish with the reserved spring onions, divide between 4 salad plates, and you are done.

Nutritional Information	
General average, however, nutritional values may vary depending on the brand of ingredients used or cooking technique utilised.	
Amount Per 1 Serving if using 400g chicken <i>(recipe makes 4 servings)</i>	
Calories	424
Total Fat	31.5g
Total Carbohydrates	3.6g
Dietary Fibre	0.9g
Net Carb	2.7g
Protein	31.3g