

CHICKEN & GRAIN SALAD

Ingredients:

500g Chicken Breast
6 Tbls Cottage Cheese
2 Cups Brown Rice
1 Cup Edamame Beans
2 Cup cubed Pumpkin
2 Cup cubed Beetroot
Olive Oil
Lemon Juice

Serves 4



BAKE TIME

1. Roast the small cubes of Pumpkin and Beetroot in the oven on 180 degrees.
2. Fry off the Chicken Breast until cooked through.
3. Defrost the Edmamane Beans.
4. Add all ingredients together and stir through Cottage Cheese, Olive Oil , Salt, Pepper and Lemon Juice.