Zesty Garlic Basil Salad

Date : 18-09-2018

Ingredients

- 3 Chicken breasts
- 1 cup lettuce
- 1/2 cup roughly chopped broccoli
- ? cup chopped red onion
- ? cup thinly sliced apple
- ½ tsp salt

Dressing:

- 5 garlic cloves
- 1 apple
- 3 tbs vinegar

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- 3 tbs olive oil
- 6 basil leaves
- ½ tsp salt
- ½ tsp pepper

Method

1. Boil chicken breasts with water and ½ tsp salt, until tender
2. Shred chicken and combine with lettuce, broccoli, red onion, and sliced apple
3. In a food processor, combine all the dressing ingredients until smooth
4. Toss dressing into salad and serve!

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