



Chicken Tenders, Salad and Edamame and Mungbean Fettucine

Serves 4

Time to make: 10 mins (plus time to cook chicken)

350g pack frozen **Waitoa Chicken Original Tenders**

200g pack **Explore Cuisine Organic Edamame and Mung Bean Fettucine**

Dressing

Kenwood Triblade Handblender

1 **NZ Avocado**

4 tablespoons plain low-fat yoghurt

2 tablespoons lemon juice

1 clove of garlic

Countdown Select Black Pepper

2 tablespoons chopped **Palmers Parsley**

Salad

½ cucumber, sliced

200g cherry tomatoes, halved

120g bag **Vitalvegetables Vitalsight Salad Mix**

2 tablespoons pumpkin seeds

Instructions

Cook chicken tenders and edamame and mungbean fettucine as per instructions on each packet and set aside to cool.

Make dressing by blending together the avocado, yoghurt, lemon juice, garlic, black pepper and herbs in the Kenwood Triblade bowl until smooth.

In a large mixing bowl, place cooled fettucine, cucumber, tomatoes and the cooked chicken, then stir through the dressing.

On a large platter, layer half of the vitalvegetables salad mix, top with half of the chicken tenders, then repeat the layering with the remaining halves.

Top with pumpkin seeds.