



# Chicken Bacon Mango Power Salad

Fresh, sweet, savoury & seriously satisfying

Serves: 2–3



## Ingredients

- 2 chicken breasts *or* 3 chicken thighs
- 4 rashers bacon
- 1 avocado, chopped
- ½ cup mango pieces (fresh or drained if tinned)
- 1 cup cherry tomatoes, halved
- Mixed lettuce (spinach/rocket blend)
- ¼ cup feta cheese, crumbled
- ¼ cup cashews

## Dressing

- 3 tbsp whole egg mayonnaise
- 1 tbsp Dijon mustard
- 2 tsp wholegrain mustard
- 1 tbsp olive oil
- 1 tbsp lemon juice or apple cider vinegar
- 1–2 tsp honey (optional)
- 1–2 tbsp water (to thin)
- Salt & pepper to taste

## Method

1. Season chicken with salt and pepper. Cook in a pan or grill until golden and cooked through. Rest, then slice.
  2. Cook bacon until crispy, then chop into pieces.
  3. In a small bowl, whisk together all dressing ingredients (except water). Add water gradually until smooth and pourable.
  4. In a large bowl, layer lettuce, avocado, mango, tomatoes, and feta.
  5. Top with sliced chicken and crispy bacon.
  6. Drizzle over dressing just before serving and toss lightly if desired.
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## Macros (per serving, approx.)

- **Calories:** 550–650 kcal
  - **Protein:** 35–40g
  - **Fat:** 35–45g
  - **Carbs:** 10–15g
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