

Mason-Jar Chicken, Nut & Seed Salads

(Serves 6)

You can change the combination of veggies to whatever you enjoy most but there are a few tips for assembling the mason jars that are worth following.

Ingredients

Salad:

- 4 chicken breasts
- 1 small onion, roughly chopped
- 1 bay leaf
- 2 red and yellow peppers, thickly diced
- 4 sticks celery, sliced
- 1 cup Kalamata olives, pitted and halved
- 1 cup **Alison's Pantry Cranberry Trio**
- $\frac{3}{4}$ cup **Alison's Pantry Pumpkin Seeds**
- 200g feta cheese, diced
- 1 cup cherry tomatoes, halved
- 1 fancy green lettuce, leaves torn

Pistachio & Avocado Dressing:

- 2 avocados, flesh chopped
- 2 cloves garlic, chopped
- Juice of 1 lemon
- $\frac{1}{2}$ cup parsley leaves
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ cup **Alison's Pantry Shelled Pistachios**
- $\frac{1}{4}$ cup cold water
- Salt and freshly ground black pepper

Method

1. Poach chicken breasts by placing in a saucepan with onion and bay leaf. Cover with cold water and bring to a simmer. Simmer very gently for 10 minutes then remove to cool in the liquid. Chill and dice once cold.
2. To make the dressing, place all ingredients in the bowl of a food processor and pulse to combine until smooth. Adjust seasoning with salt and pepper.

To assemble

3. Start with the dressing at the bottom of the jar, dividing it evenly. Add hard veggies first, like peppers, celery and also olives.

Next add the chicken, Cranberry Trio, seeds and feta cheese. Softer veggies like tomatoes go next. Finish with delicate things like lettuce on top.

4. Try not to overfill the jars, allow room for all ingredients to be coated with the dressing later. Cover jars with lids and refrigerate. Serve with a fork tied to the jars with twine or ribbon. Once ready to eat, shake the jar vigorously to dress salad.

This recipe was created by Julie Le Clerc for Alison's Pantry.



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