

Chicken and Grain Salad with Green Goddess Dressing

Ingredients:

- 1 cup of cooked or frozen rice
- 1 cup frozen peas
- 1 large carrot, peeled, cut into long matchsticks
- 1 tbsp extra virgin olive oil
- 2 cups shredded Roast Chicken
- 1 cup mixed medley tomatoes, halved
- 1 cup alfalfa sprouts
- ½ cup feta, crumbled
- 1 bag of Baby Spinach
- Salt and pepper to taste

Ingredients for Green Goddess Dressing:

- 1 cup flat-leaf parsley leaves
- ½ cup Greek yogurt
- 2 tbsp chopped tarragon
- 2 tbsp chopped chives
- 1 garlic clove, quartered
- 1 tbsp olive oil

Instructions:

1. Heat the rice following packet directions. Transfer to a heatproof bowl and set aside, season to taste then let cool completely.
2. Meanwhile, cook the peas in a small saucepan of boiling water for 2 mins or until heated through. Refresh under cold water. Drain well.
3. To make the green goddess dressing, place the parsley, sour cream, tarragon, chives, garlic and oil in a blender and blend until smooth. Season and transfer to a bowl.
4. Divide the rice among four 350ml jars. Top with carrot and peas. Drizzle with oil and green goddess dressing. Top with chicken, tomato, alfalfa sprouts, feta and spinach to serve.