

## **Healthy Chicken, Beetroot, Orange and Feta Salad**

Heat a little olive oil in a large frying pan and saute a chopped garlic clove. Add some chopped chicken breast (1 breast per person) and fry until cooked through. Make a dressing by whisking together 1 tbsp of wholegrain mustard, the juice of an orange, 4tbsp of olive oil and black pepper. Set the dressing aside. Place a bed of spinach leaves onto each plate and pile on top the cooked chicken, chopped cooked beetroot, orange segments, crumbled feta cheese. mixed seeds (and optional dried cranberries if you fancy). Drizzle over the salad dressing and enjoy!