

Creamy Summer Chicken & Peach Salad



Soft, refreshing, and perfect for warm days

Serves 2–3

This salad is light yet satisfying, with tender chicken, juicy peaches, and a creamy yoghurt dressing. It's gentle on digestion, and full of protein, vitamins, and healthy fats.

Ingredients

- 2 cooked chicken breasts (or leftover roast chicken), shredded
- 2 ripe peaches, sliced (or tinned peaches in juice, drained)
- 1 small handful soft salad leaves (spinach, lamb's lettuce, or butterhead)
- 1 small cucumber, diced
- 1 tbsp chopped fresh mint or parsley
- A small handful of toasted flaked almonds (optional, can be left out for softer texture)

For the dressing:

- 3 tbsp Greek yoghurt
- 1 tbsp mayonnaise
- 1 tsp honey
- 1 tsp lemon juice
- Pinch of salt & black pepper

Method

1. In a small bowl, whisk together the yoghurt, mayonnaise, honey, lemon juice, salt, and pepper.
2. In a larger bowl, combine the shredded chicken, peaches, cucumber, and herbs.
3. Add the dressing and gently fold everything together.
4. Place the soft salad leaves on a plate and spoon the mixture over the top.
5. Sprinkle with flaked almonds if using.



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