

CHICKEN AND GRAPEFRUIT SALAD

80gm Shredded Chicken
60gm Pink Grapefruit
10gm Watercress
20gm Salad
5gm Spring Onion (slice)

10gm Strawberry Puree
20ml White Wine Vinegar
10ml Olive Oil
1 pinch of Salt
2 pinches of Pepper

1. Place strawberry puree in the mixing bowl.
2. Add in vinegar and slowly add olive oil, keep aside.
3. Place the rest of the ingredient in the mixing bowl.
4. Slowly toss all the ingredient together.
5. Check seasoning and plated in the center of the plate.

