

Chicken and pineapple salad

TIME: 20 MINUTES
PORTIONS: 4



INGREDIENTS:

- 300 grams of pineapple cut into cubes
- 1 cooked chicken breast cut into cubes
- 1 apple diced
- 2 boiled eggs, peeled and sliced
- Lettuce mix to taste
- 100 grams of walnuts
- 100 grams of bacon

For the dressing

- 60 ml of olive oil juice
- Juice of half a lemon
- Juice of half an orange
- 150 ml of natural yogurt
- 15 gr of Dijon mustard
- Salt and pepper to preference



Preparation

In a bowl, mix all the ingredients of the dressing very well, season with salt and pepper to taste and reserve.

In another bowl, mix the salad ingredients like pineapple, chicken, apple, nuts and bacon and leave the eggs for the end, season the fresh ingredients with the dressing and add the sliced eggs.

