



cold chicken mango salad

NIBBLEDISH CONTRIBUTOR

Ingredients

2 ripe mangos
1 chicken
big handful of mint leaves
3 red bell peppers
2½ ounces of sunflower seeds
12 ounces of bulgur or couscous (before cooked)

Instructions

This serves app. 4 people at lunch or works great for buffets. Healthy, easy and tasteful salad!

- (cook the chicken the day before in a pot)
- cook the bulgur / couscous as instructed on the packaging, add salt when boiling
- shred the cold chicken meat and season with salt & pepper
- dice the mangos and bell peppers
- cut mint leaves into shreds
- mix well with sunflower seeds