



## 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