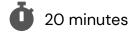




Summer Chicken Cobb Platter

A fresh and flavourful platter with minimal cooking! Sliced chicken breast and soft boiled eggs on a bed of crisp lettuce with all the trimmings, finished with a drizzle of creamy dressing.





4 servings Chicken



Switch it up!

You can use these ingredients to create chicken sandwiches or rolls for lunch during the week!

PROTEIN TOTAL FAT CARBOHYDRATES 25g

FROM YOUR BOX

FREE-RANGE EGGS	6-pack
GEM LETTUCE	3-pack
TOMATOES	2
AVOCADO	1
CORN COB	1
ALFALFA SPROUTS	1 punnet
COOKED CHICKEN BREAST	1 packet
RANCH DRESSING	1 bottle

FROM YOUR PANTRY

salt, pepper

KEY UTENSILS

saucepan

NOTES

Cook the eggs straight from the fridge for 6-7 minutes for a soft boiled egg. Leave in for 8-9 minutes for a hard boiled yolk.

Add any toasted nuts, croutons, fresh herbs or cheese if preferred!

You can also toss all ingredients with pasta to make a family friendly pasta salad!



1. COOK THE EGGS

Bring a medium saucepan of water to a boil. Add eggs and cook for 6-7 minutes (see notes). Cool under running cold water.



2. PREPARE THE SALAD

Chop and rinse lettuce leaves. Arrange on the base of a serving platter. Wedge tomatoes, dice avocado and remove corn from cob. Arrange on top of lettuce with sprouts.



3. ADD CHICKEN AND EGGS

Peel and halve eggs and season with **salt and pepper**. Arrange on salad with cooked chicken.



4. FINISH AND SERVE

Serve chicken platter with dressing to taste (see notes).

