

Pumpkin and feta chicken salad

Search:

- [Chicken](#)
- [Recipes](#)

Pumpkin and feta chicken salad

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
Add to favorites
```

Pumpkin and feta chicken salad



Rate this recipe

3 people are cooking this [Count me in](#)

No more boring lunches! This pumpkin and feta chicken salad will bring the life back into work-day lunches.

Ingredients (Serves 2)

- 1 cup pumpkin, diced
- ¼ cup cold-pressed extra-virgin coconut oil
- 1 bunch broccolini
- 200 g chicken thigh
- Sea salt, to taste
- Pepper, to taste
- 1 large handful spinach
- 1 tbsp kim chi or sauerkraut
- (fermented vegetables)
- 30 g goat's feta
- 1 small handful walnuts, chopped
- 2 tbsp extra-virgin olive oil
- 2 tbsp apple cider vinegar
- Preheat oven to 180°C.

Method

Pumpkin and feta chicken salad

Peel and dice pumpkin, coat in coconut oil and bake in oven until soft.

Boil a small saucepan of water and steam broccoli. Set aside to cool.

In a pan with 1 tbsp of coconut oil, add chicken, season with salt and pepper and cook over a high heat, flipping halfway.

Place the spinach mix as the base in a large bowl or plate. Add fermented vegetables, roasted pumpkin, and diced broccoli. Crumble goat's feta on top, sprinkle walnuts and dress with extra-virgin olive oil and apple cider vinegar.

Top with diced chicken before serving.

Recipe and image by [The Natural Nutritionist](#), Steph Lowe.

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```

Check out Steph Lowe's full [7 day meal plan](#) to kick start your week.