

## Pumpkin and feta chicken salad

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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

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## Pumpkin and feta chicken salad

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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.

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