



Chicken taco salad.

Ingredients

- ¼ tsp [olive oil](#)
- 2 tbsp low-fat soured cream
- 1 tsp white wine vinegar
- 1 [Baby Gem lettuce](#), shredded
- 50g [sweetcorn](#), drained
- 5 [cherry tomatoes](#), halved
- 75g [cooked BBQ chicken](#)
- juice 1 [lime](#)
- ½ small [avocado](#), peeled and chopped
- 1 corn taco shell, broken into piec

Method

STEP 1

Make the dressing by combining the oil, soured cream and vinegar. Keep in the fridge.

STEP 2

Put the lettuce, sweetcorn, tomatoes and chicken in a lunchbox. Stir the lime juice into the avocado and put on top. Pack the dressing on the side.

STEP 3

Scatter the taco over the salad to serve.