



CHICKEN JAR SALAD

Prep: 30 mins + cooling - Makes 2 jars

100g orzo pasta
14 cherry tomatoes
4 roasted chicken drumsticks*
2 gem lettuce
2 tbsp deep-fried soup croutons (Backerbsen)

For the ranch dressing:

3 tbsp sour cream
2 tbsp mayonnaise
2 tbsp yoghurt
1 tbsp milk
½ tsp Dijon mustard
1 tbsp chives, chopped
¼ tsp garlic powder
a few dashes of Tabasco
salt and pepper

Start by putting the orzo pasta into a saucepan boiling salted water cook for about 12-15 minutes until al dente. Drain and leave to cool.

Cut the cherry tomatoes in halves. Cut the meat off the chicken drumsticks and cut into chunks. Roughly chop the gem lettuce.

For the dressing, mix all the ingredients in a bowl until combined.

Divide the dressing between two 500ml mason jars, top each with orzo pasta, tomatoes, chicken and lettuce. Finish with a sprinkle of croutons.

Keep the jar salads in the fridge until ready to eat. Pour the salad into a deep plate, mix so that the dressing is evenly distributed and enjoy.

*these can be bought from the deli counter at most supermarkets