**Chicken and Mango Salad**

*\_4 people\_*

*Quick, easy and super healthy! Simply delicious*

**Ingredients:**

4 chicken breasts

2 T olive oil

1 t thyme

Salt and pepper

1 Mango

1 cup cherry tomatoes

1 cup cucumber

½ onion

Micro herbs for garnish

For the dressing

100ml low fat yogurt in small bowl

15ml Balsamic reduction

**Method:**

1. First, rub the chicken breasts with olive oil, salt, pepper and thyme. Place chicken breasts in a pan and cook for 10 minutes until golden brown on the one side. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
2. Meanwhile, cut your ingredients for your salad in any shapes (it really doesn’t matter – anything goes)
3. Place the chicken and the salad on a plate and finish your salad with a dollop of low fat yogurt and a drizzle of balsamic reduction.