

Keto Chicken Salad Recipe

Serves 4-6

15 mins

5 main ingredients

What you'll need

Main ingredients

3-4 cooked chicken breasts, chopped small or shredded

1 diced celery rib

4 spring onions, sliced

Fresh/ frozen

½ - ¾ cup Greek yoghurt (or ½ and ½ mayo)

2 tbsp lemon juice

Store cupboard

¼ cup chopped blanched almonds

Salt and pepper to taste

What to do

1. In a large bowl, combine the yoghurt, lemon juice, salt and pepper and mix well, we used a small whisk
2. Add in the remaining ingredients and mix together
3. Taste it and add more salt and pepper if needed

Notes & tips

- Add your favourite fresh or dried herbs or a tbsp dijon mustard
- We served ours with a big serving of lettuce, but you could serve with wraps for lunch on the go
- Recipe inspired by [thebetterredblondie](#)