

Poached Chicken Salad with Goat Cheese, Avocado & Pistachios



30 minutes | 2 servings

Find cookware

[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[grater](#)
[measuring cups](#)
[measuring spoons](#)
[medium saucepan](#)
[mixing bowls](#)
[stirring spoon](#)
[tongs](#)
[whisk or fork](#)

Grab ingredients

½	avocado
2 sticks	celery
¾ lb	chicken breasts, boneless skinless
½ (4 oz) log	goat cheese
1	lemon
⅓ cup	pistachios, unsalted
½ cup	plain Greek yogurt
1 (5 oz) pkg	spring mix (mixed greens)
	black pepper
	extra virgin olive oil
	salt
	thyme, dried

Cook & enjoy

- 1 Holding a knife parallel to the cutting board, cut the chicken in half horizontally to form thin fillets.
¾ lb chicken breasts, boneless skinless
- 2 Place chicken, salt, and pepper in a medium saucepan and cover with water by 1-inch; bring to a boil. Reduce heat and simmer until chicken is cooked through, 8-10 minutes. Transfer chicken to a plate to cool.
½ tsp salt
½ tsp black pepper
- 3 Meanwhile, wash and dry the fresh produce. (Skip the mixed greens if they came pre-washed.)
2 sticks celery
1 lemon
1 (5 oz) pkg spring mix (mixed greens)
½ avocado
- 4 Using a clean cutting board trim and medium dice celery; place in a medium bowl.
- 5 Zest lemon into the bowl with the celery.
- 6 Roughly chop pistachios; add to the bowl along with yogurt and spices. Stir to combine and set aside.
⅓ cup pistachios, unsalted
½ cup plain Greek yogurt
¼ tsp thyme
¼ tsp salt
1 pinch black pepper
- 7 Juice the lemon into another medium bowl. Add oil and whisk to combine the dressing.
1 tbsp extra virgin olive oil
- 8 Add mixed greens to the bowl with the dressing and toss to combine.
- 9 Halve and pit the avocado; slice crosswise while still in the skin and scoop out with a spoon.

- 10 Using two forks, shred the chicken and add to the bowl with the yogurt mixture. Mix well to combine.
- 11 To serve, place salad greens on a plate and top with chicken salad, sliced avocado, and crumbled goat cheese. Enjoy!
 $\frac{1}{2}$ (4 oz) log goat cheese