Chicken & Avocado Lunch Bowl

A bright, satisfying salad bowl with warm chicken, creamy avocado, crunchy vegetables and lemon-Dijon dressing.

Prep 15 min **Cook** 16 min **Serves** 2

Ingredients

- ☐ 2 small boneless skinless chicken breasts (approximately 12 oz / 340 g total)
- ☐ 1 tbsp olive oil, divided
- ☐ ½ tsp smoked paprika
- ☐ ¼ tsp kosher salt
- ☐ 4 cups mixed salad greens
- ☐ 1 ripe avocado, sliced
- ☐ 1 cup cherry tomatoes, halved
- ☐ ½ English cucumber, sliced
- ☐ 1 tbsp fresh lemon juice
- ☐ 1 tsp Dijon mustard
- ☐ Black pepper, to taste



Spoon & Joy recipe illustration.

Before you start

Check the chicken
Use a thermometer in the thickest part and cook to 165°F (74°C). Slice after a short rest, not straight from the skillet.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Pat chicken dry and rub with half the olive oil, paprika and salt.
2. Heat a skillet over medium heat. Cook chicken, turning once, until the center reaches 165°F (74°C) on a food thermometer; exact time depends on thickness.
3. Rest chicken for five minutes, then slice it across the grain.
4. Whisk the remaining olive oil with lemon juice, Dijon and pepper.
5. Divide greens, tomatoes, cucumber and avocado among two bowls. Top with chicken and drizzle with dressing.

Storage & making ahead

Refrigerate chicken promptly and use within 3-4 days. Assemble the greens and avocado just before eating.

A useful variation Cooked quinoa or chickpeas add substance. Keep avocado and dressing separate when packing for lunch.

Read this recipe on Spoon & Joy