



HYDROPONICALLY GROWN

Live Salad & Herbal Plants



Easy Avocado Chicken Salad

Ingredients

- 2 skinless, boneless chicken breast halves
- 1 avocado, diced
- 4 scallions, chopped
- 1 stalk celery, chopped
- ¼ sweet onion, chopped
- ½ lime, juiced
- 2 tablespoons chopped fresh cilantro
- 1 pinch cayenne pepper, or to taste (Optional)
- salt and ground black pepper to taste

Directions

- ☑ **Step 1**
Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil.
- ☑ **Step 2**
Place chicken breasts on prepared baking sheet.
- ☑ **Step 3**
Cook in the preheated oven until no longer pink in the middle and juices run clear, 15 to 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Shred chicken breasts.
- ☑ **Step 4**
Stir chicken, avocado, scallions, celery, onion, lime juice, cilantro, cayenne pepper, salt, and black pepper together in a bowl.

PLUCK
FRESH
EAT
FRESH



**NURTURED
WITH CARE
BUT UNTOUCHED
BY HANDS**

About GreenEarth

Green Earth Fresh Produce (P) Ltd. commenced its operations in 1995. Though the company has been in operation for over 25 years, it consolidated its presence in the contract farming of vegetables like Lettuce, Red Cabbage, and Celery etc in October of 2008. The total growing area is over 250 acres, spread around the Nilgiris. With an experienced farmer base, trained manpower and Good Agricultural Practices, Green Earth is one of the oldest companies in Nilgiris involved in contract farming. Farmers are well experienced in cultivation of all kinds of quality exotic vegetables.

Why GreenEarth

Since most of the exotic vegetables are used raw or for culinary purposes, Green Earth follows Good Agricultural Practices (GAP) such as use of approved pesticides, fertilizers and good hygiene practices so as to ensure supply of safe to eat foods. Around 80 percent of the produce is dispatched to distant cities like Mumbai, Delhi and Bangalore in a cold chain with dedicated Refer trucks.

Systems developed by Greenearth has reduced post-harvest losses of the vegetables to Less than 5% against the country average of 30-40%.

GreenEarth Activities

- ☞ Procurement, Collection(harvest)
- ☞ Grading & packing
- ☞ Logistics
- ☞ Facilities Infrastructure

GreenEarth Advantages

- ☞ Gap
- ☞ Quality and Certifications
- ☞ R & Trials
- ☞ Field Visit by Experts and Training



What is on our menu?

Butter Head Lettuce



Rosemary



leafy Lettuce



Pok choy

and many more...

HYDROPONIC
plants that stay
FRESH
right until usage

 **GREENEARTH**

FRESH & NUTRITIOUS
LIVE LEAFY GREENS

