Chicken and Grain Salad with Green Goddess Dressing

Ingredients:
- 1 cup of cooked or frozen rice
- 1 cup frozen peas
- 1 large carrot, peeled, cut into long matchsticks
- 1 tbsp extra virgin olive oil
- 2 cups shredded Roast Chicken

Ingredients for Green Goddess Dressing:
- 1 cup flat-leaf parsley leaves
- ½ cup Greek yogurt
- 2 tbsp chopped tarragon

Instructions:
1. Heat the rice following packet directions. Transfer to a heatproof bowl and set aside, season to taste then let cool completely.
2. Meanwhile, cook the peas in a small saucepan of boiling water for 2 mins or until heated through. Refresh under cold water. Drain well.
3. To make the green goddess dressing, place the parsley, sour cream, tarragon, chives, garlic and oil in a blender and blend until smooth. Season and transfer to a bowl.
4. Divide the rice among four 350ml jars. Top with carrot and peas. Drizzle with oil and green goddess dressing. Top with chicken, tomato, alfalfa sprouts, feta and spinach to serve.