

## GRIDDLE CHICKEN SALAD



### INGREDIENTS: (serves 1 as a main)

1 skinned chicken breast  
 12 Cherry tomatoes  
 1/2 orange peeled  
 Basil leaves  
 Balsamic vinegar  
 Pinch Himalayan Pink Salt  
 Ground fresh black pepper  
 Drizzle olive oil

### MARINADE:

1/2 garlic clove, finely chopped  
 1 tsp finely chopped fresh coriander  
 1 tbsp olive oil  
 Juice from 1/2 orange  
 Salt & freshly ground black pepper

Griddle Chicken with Cherry Tomato & Orange Salad is our version of a fast food that is healthy and delicious to have for lunch or dinner.

### HOW TO MAKE IT:

- Cover the chicken breasts with cling film or greaseproof paper and flatten with a mallet to 5 mm (1/4 in) thickness
- Cut the chicken into strips
- Mix together all the marinade ingredients and marinate the chicken for at least 20 minutes
- Heat the griddle and brush with a little olive oil add the chicken and griddle for each side until cooked through (3-5 minutes)
- Meanwhile make the salad by cutting cherry tomatoes in half, take skin and pith of segments of half an orange and place on a plate with a handful of basil
- Drizzle olive oil, balsamic vinegar season with pinch Himalayan salt and fresh ground pepper
- Place Chicken strips on top and you're good to go!

### TOP TIP

*To meal prep you can marinate and griddle more than 1 chicken breast and refrigerate for up to 3 days.*