



The Gathered Green

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## GRILLED CHICKEN & GRAPE SPRING SALAD

Thank you cookingclassy.com for this recipe and picture.

Serves 4

### Ingredients

- 1 kg skinless chicken breasts
- ½ tsp dried rosemary, crushed
- ¼ teaspoon dried thyme
- Extra virgin olive oil
- Salt and freshly ground black pepper
- 2 cups lettuce leaves of your choice
- 1.5 cups red grapes, halved
- ½ cup pecans, roughly chopped and toasted
- 1/3 of a small red onion
- 50 grams of crumbled goat cheese

### Dressing

- 1/3 cup extra virgin olive oil
- 2.5 tablespoons balsamic vinegar
- 1 tablespoon raw honey
- 1.5 teaspoon Dijon mustard
- 1 small clove garlic, minced
- Salt and freshly ground pepper





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## Method

Preheat grill over medium-high heat. Pound thicker parts of chicken with a meat mallet to even thickness. Brush chicken lightly with olive oil, sprinkle evenly with rosemary and thyme and season with salt and pepper. Grill until chicken has cooked through, rotating once halfway through cooking. Transfer to a plate and let rest 5 minutes, then cut into strips.

Add all remaining salad ingredients to a salad bowl. Pour over dressing, lightly toss and serve, or alternatively plate salad then drizzle individual servings with dressing.

**For dressing**, combine all dressing ingredients in a blender, seasoning with salt and pepper to taste (about ¼ teaspoon salt, 1/8 teaspoon pepper). Blend about 20 seconds until emulsified. Pour into a container and chill. Wisk before serving.

Enjoy!

Jane

