Dinner

Chicken and vegetable stacks with herby green salsa

Charred Japanese, Kent or butternut pumpkin, eggplant, red capsicum and zucchini layer up with thin grilled chicken in tall, colourful stacks. A blitzed parsley, basil and caper sauce both marinates the meat and finishes each plate.



Gluten free | Nut free

40 min	226	15.9 g	10.9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 cloves garlic, peeled
- [ ] 1/2 cup parsley
- [ ] 1/2 cup basil leaves
- [ ] 1 tablespoon capers, drained
- [ ] 2 tablespoons lemon juice
- [ ] 1 tablespoon water
- [ ] 2 small skinless chicken breasts
- [ ] Olive or canola oil spray
- [ ] 450 g Japanese, Kent or butternut pumpkin, peeled and cut into 3mm slices
- [ ] 1 eggplant, cut into 12x 3mm thick slices
- [ ] 2 red capsicum, seeded and quartered
- [ ] 1 zucchini, cut into 16x 5mm thick slices
- [ ] 32 basil leaves, extra

Nutrition Facts

Per serving

Calories	**226**
Total fat	4.9 g
Saturated fat	1.1 g
Sodium	73.2 mg
Total carbs	15.9 g
Fiber	Not listed
Total sugars	10.9 g
Protein	24.1 g

Method

- [ ] 1 Make the salsa verde by placing the garlic, parsley, basil leaves, capers, lemon juice and water in the bowl of a food processor and blitzing everything until smooth, then set it aside.
- [ ] 2 Spray a barbecue, char-grill or griddle with the olive or canola oil spray and heat it to high.
- [ ] 3 Cut each skinless chicken breast in half lengthways to make 4 thin steaks, pound them between two sheets of plastic wrap with a rolling pin until each one is 5mm thick, then cut them in half once more to give 8 smaller steaks.
- [ ] 4 Put the chicken steaks into a small dish with half of the salsa verde, stir until they are coated and leave them to marinate.
- [ ] 5 Lay the slices of Japanese, Kent or butternut pumpkin, the eggplant slices, the red capsicum quarters and the zucchini slices on the hot grill and cook them in batches for 2-3 minutes each side until lightly charred and just tender, moving each batch to a large plate and covering it loosely with foil to keep warm.
- [ ] 6 Spray the grill with oil again and cook the chicken for 2-3 minutes each side until cooked through.
- [ ] 7 To build each stack on a serving plate, begin with a slice of eggplant, then add 4 extra basil leaves, 2 zucchini slices, 2 pumpkin slices and a quarter of red capsicum, finishing the layer with a piece of chicken.
- [ ] 8 Stack the layers once more in the same order, finish with an extra eggplant slice and spoon a tablespoon of the reserved salsa verde over everything.
- [ ] 9 Serve immediately.

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