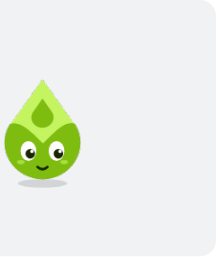
Dinner

Chicken Salad with Peaches and Mint

Seared chicken breasts with a sticky balsamic glaze are served over a fresh toss of peaches, tomatoes, cucumber, mint and new potatoes, all bound in a creamy yoghurt and orange dressing.



Gluten free | Nut free

40 min	440	49.4 g	22.6 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 4 single chicken breast fillets, approximately 800g
- [ ] Light olive oil spray
- [ ] 3 tablespoons balsamic vinegar
- [ ] 400 g small new potatoes, quartered
- [ ] 150 g low fat plain or Greek yoghurt
- [ ] 1/2 cup of finely chopped shallots
- [ ] 1 small orange zested and juiced
- [ ] 3 medium tomatoes, trimmed, quartered
- [ ] 600 g ripe peaches or nectarines, hulled, quartered
- [ ] 1 large telegraph cucumber or 3 small cucumbers, peeled, halved lengthways, chopped
- [ ] 1/3 cup finely chopped fresh mint leaves
- [ ] 200 g baby spinach or salad leave

Nutrition Facts

Per serving

Calories	440
Total fat	6.7 g
Saturated fat	Not listed
Sodium	192 mg
Total carbs	49.4 g
Fiber	5.4 g
Total sugars	22.6 g
Protein	49.6 g

Method

- [ ] 1 Half fill a large pot with water and bring it to the boil, then cook the quartered new potatoes for 10 minutes until just cooked. Drain and set aside.
- [ ] 2 Mist a large nonstick frying pan with the olive oil spray and set it over medium high heat. Sprinkle pepper over both sides of the chicken breast fillets, add them to the pan and cook for 5-10 minutes on each side until cooked through.
- [ ] 3 Turn the heat up to high and pour the balsamic vinegar into the pan, letting it caramelise slightly without burning. Lift out the chicken and let it sit for 5 minutes, then slice it thickly across the grain, leaving the juices in the pan.
- [ ] 4 Whisk the yoghurt together with the pan juices, shallots, orange juice and orange zest in a cup, then season to taste.
- [ ] 5 Tip the tomatoes, peaches, cucumber, mint leaves and cooked potatoes into a large mixing bowl, pour in the yoghurt dressing and toss to coat. Add the baby spinach or salad leaves and fold them in gently so they stay intact.
- [ ] 6 Divide the salad between bowls and arrange the chicken slices on top.

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