



Karen McElroy

NATUROPATH & MEDICAL HERBALIST

Marinated Lemon Chicken Salad

I love this salad in summer. We often have this for dinner & the kids love it as much as we do! The only cooking required is the chicken – which is done on the BBQ, which is nice to escape the stove on a hot day. Serves 4

Ingredients for marinade

½ kg organic chicken thigh fillets, cut into halves
2-3 cloves garlic crushed and chopped
2 tablespoons of extra virgin olive oil
1-2 tablespoons finely chopped fresh herbs (I like to use rosemary, thyme, parsley, oregano)
zest & juice of one lemon
½ teaspoon of quality salt flakes
freshly crushed pepper

Mix marinade ingredients together in glass dish and add chicken pieces and thoroughly coat in marinade. Cover and refrigerate for at least an hour or up to 6 hours. Cook chicken on a BBQ or grill until cooked. While chicken is cooking, assemble the salad.

Ingredients for salad

Mixed salad greens (I love baby spinach, rocket & bitter endive)
A large handful of fresh mint leaves
Fresh parsley chopped
Sunflower, snowpea or broccoli sprouts
Finely cut carrot (I do it in julienne style thin match sticks)
50g diced fetta cheese
¼ cup roughly chopped marinated olives
Finely sliced capsicum
Raw beans or snowpeas roughly cut
Cherry tomatoes

Arrange leaves in individual bowls and then top with a selection of the other vegetables and sprouts. Cut cooked and slightly cooled chicken into strips and add to top of salad. Top with extra mint or parsley and sprouts. I often throw some walnuts or lightly roasted hazelnuts on top. Drizzle with a splash of vinaigrette dressing. (See basics section for this recipe or create your own!)