

# Asparagus, chicken & rocket salad



## Asparagus, chicken, & rocket salad

**Preparation:** about 20 minutes  
(+ marinating time)

**Cooking:** about 10 minutes

**Serves:** 4

750g chicken thigh fillets, halved  
1/3 cup lemon juice  
salt and ground black pepper  
3 bunches thick asparagus, halved lengthways  
olive oil cooking spray  
1 bunch rocket, trimmed  
1 tbs extra virgin olive oil  
Lemon wedges, to serve

1. Place chicken into a large ceramic dish. Drizzle with lemon juice. Season with salt and pepper to taste. Toss to coat chicken. Cover and refrigerate for 30 minutes.
2. Preheat a greased barbecue plate or char-grill on medium-high heat. Barbecue or char-grill chicken for 4–5 minutes on each side or until just cooked through. Transfer to a plate and keep warm.
3. Spray asparagus with olive oil. Barbecue or char-grill asparagus, turning occasionally, for 2 minutes or until almost tender.
4. Arrange rocket, asparagus and chicken on serving plates. Drizzle with extra virgin olive oil and serve with lemon wedges.



### Asparagus

- One of the best natural sources of folate.
- A source of vitamins C and E, both of which function in the body as antioxidants, helping to prevent damage to body tissues.
- Asparagus supplies dietary fibre, vital to prevent constipation.