

barbecued asparagus, rocket & chicken salad



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Ingredients:

750g chicken thigh fillets, halved
2 lemons
salt and ground black pepper
3 bunches thick asparagus,
halved lengthways
olive oil cooking spray
75g baby rocket leaves
1 tbs extra virgin olive oil
lemon wedges, to serve

HEALTH BENEFITS:

Asparagus

- One of the best natural sources of folate.
- A source of vitamin E, an important antioxidant and also vitamin C and niacin, one of the B complex vitamins that is involved in the production of energy within the body.
- Asparagus supplies dietary fibre, vital to prevent constipation.

Method:

1. Place chicken into a large shallow dish. Juice one lemon and add juice to chicken. Season with salt and pepper to taste and toss well to coat chicken. Cover and refrigerate, turning occasionally, for 1 hour to marinate (or longer if time permits).

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. Spray asparagus with oil spray. Barbecue or char-grill asparagus, turning occasionally, for 1–2 minutes or until almost tender.

3. Arrange rocket leaves, asparagus and chicken on serving plates. Drizzle salads with oil and serve with lemon wedges.

Serves: 4

Preparation: 20 minutes
(+ marinating time)

Cooking: 10–12 minutes