

Char-grilled zucchini salad with chicken



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Serves: 4

Preparation time: 20 minutes
(+ 15 minutes marinating time)

Cooking: 15 minutes

6 medium zucchini
1/2 cup extra virgin olive oil
1 garlic clove, crushed
salt and ground black pepper



4 (about 750g) chicken breast fillets, halved lengthways
1 tbs balsamic vinegar
2/3 cup fresh mint leaves
crusty bread, to serve

1. Slice zucchini lengthways into thin strips and place into a shallow dish.
2. Combine 2 tbs oil, garlic and salt and pepper to taste in a small bowl. Pour mixture over zucchini and mix well to coat. Cover and set aside to marinate for 15 minutes.
3. Preheat a char-grill or barbecue grill on medium-high heat. Cook zucchini, in batches, for 2–3 minutes on each side or until tender. Transfer to a bowl and set aside to cool slightly.
4. Meanwhile, brush chicken with 1 tbs oil. Place onto char-grill or barbecue grill and cook for 4 minutes on each side or until cooked through.
5. Combine remaining oil, salt and ground black pepper to taste and balsamic vinegar in a screw-top jar. Shake well to combine.
6. Add balsamic dressing and mint leaves to zucchini and toss gently to combine. Serve zucchini salad with grilled chicken and crusty bread.

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