

Garlic & chilli chicken with spinach salad



Garlic & chilli chicken with spinach salad

Preparation: about 20 minutes
+ marinating time
Cooking: about 15 minutes
Serves: 4



Garlic

- Although not normally consumed in sufficient quantities to supply substantial quantities of nutrients, garlic will provide small quantities of dietary fibre, minerals and vitamins.
- Sulphur compounds in garlic have the potential to relax blood vessels. The jury is out on whether the quantities are sufficient to have an impact on heart disease risk factors.

1 lemon, rind finely grated and juiced
2 tbs olive oil
3 cloves garlic, finely chopped
1 long red chilli, deseeded and finely chopped
¼ cup oregano leaves, chopped
Salt and ground black pepper
750g chicken breast fillets, cut into 1cm-thick slices
Lemon wedges & extra oregano leaves, to serve

Spinach Salad

100g baby spinach leaves
½ cup toasted pine nuts
75g piece pecorino or parmesan cheese, thinly sliced
2 tbs extra virgin olive oil
1 tbs white wine vinegar

1. Combine lemon rind and juice, oil, garlic, chilli, oregano and salt and pepper to taste in a medium ceramic shallow dish. Place chicken in garlic marinade and turn to coat. Cover and refrigerate for 30 minutes.
2. To make spinach salad, place spinach, pine nuts and cheese in a bowl. To make salad dressing, combine oil and vinegar in a screw-top jar. Season with salt and pepper. Set aside.
3. Heat a greased barbecue grill or char-grill over medium heat. Cook chicken in batches for 2–3 minutes on each side until just cooked through. Place chicken on a serving plate. Shake salad dressing until well combined. Drizzle over spinach salad, toss to combine and serve with chicken.