

# Pink grapefruit, rocket & pine nut salad with chicken



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**Preparation:** about 20 minutes  
**Cooking:** about 10 minutes  
**Makes:** 4

3 ruby red grapefruit  
75g baby rocket leaves  
½ small red onion, thinly sliced  
¼ cup toasted pine nuts  
¼ cup extra virgin olive oil  
1 tbs maple syrup  
2 tsp red wine or balsamic vinegar  
Salt and ground black pepper  
Cooking spray oil  
4 small chicken fillets, trimmed  
2 tbs olive oil

1. Peel and remove all white pith from 2 grapefruit. Segment grapefruit and place segments in a large bowl. Add rocket, onion and pine nuts. Gently toss to combine. Set aside.
2. To make dressing, juice the remaining grapefruit. Combine ¼ cup grapefruit juice, extra virgin olive oil, maple syrup and vinegar in a screw-top jar. Season with salt and pepper to taste. Set aside.
3. Spray chicken on both sides with oil and season with salt and pepper. Heat a large non-stick frying pan over high heat. Cook chicken for 5 minutes on each side until cooked through.
4. To serve, arrange chicken and salad on serving plates. Shake dressing, drizzle over salad and serve.



### Ruby grapefruit

- An excellent source of vitamin C which helps the body resist infection.
- The pink colour gives us a clue and analysis confirms the beta carotene present, ready to be converted to protective vitamin A in the body.