

HEALTHY WARM LEMON CHICKEN SALAD RECIPE



☰ **Prep:** 25 mins
 🕒 **Cook:** 20 mins
 🍴 **Servings:** 4
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Ingredients

- ▲ 2 small skinless chicken breasts, fat trimmed
- ▲ 1 lemon, zest and juice
- ▲ 3 tsp honey
- ▲ 2 cloves garlic, crushed
- ▲ 4 tbs fresh thyme or oregano leaves
- ▲ 1/2 cup currants
- ▲ pepper, to taste
- ▲ 1 lemon, extra, thinly sliced
- ▲ 4 cups baby spinach leaves
- ▲ 2 carrots, peeled into long ribbons
- ▲ 4 spring onions (including green tops), finely chopped

Method

1. Preheat oven to 200°C (180°C fan forced).
2. In a small baking dish place chicken, zest and lemon juice, honey, garlic, herbs, currants and pepper. Toss chicken in marinade to coat both sides then cover with a layer of lemon slices.
3. Bake covered in the oven for 15-20 minutes until just cooked through and chicken juices run clear. Discard herbs, remove chicken to cool and reserve pan juices.
4. Place spinach leaves, carrot strips and spring onions in a large serving bowl. Top with thinly sliced chicken, lemon and pan juices. Serve immediately.

Hint

Cover and refrigerate marinated chicken for as long as time permits, from 30 minutes to overnight.

Nutrition Information

	per serving	per 100g
Energy	859 kJ	402 kJ
	205 Cal	96 Cal
Protein	20.7 g	9.7 g
Fat, total	2.9 g	1.4 g
— saturated	0.8 g	0.4 g
Carbohydrate	21.3 g	10 g
— sugars	20.7 g	9.7 g
Sodium	61.7 mg	28.9 mg
Fibre	5.2 g	2.4 g