

Warm Chicken and Roast vegetable salad



 Serves: 4  Prep: 10 minutes  Cook: 10 minutes  [Stack Cup](#)

This tasty and different salad uses the newly tested endive or frisée which has a hint of bitterness but adds a refreshing flavour to a beautiful salad. Endive is also a good source of dietary fibre and is packed with vitamins, especially vitamins A, K and folate. This delectable, nourishing low FODMAP salad makes a very tasty lunch or light dinner that the whole family will enjoy at any time of the year.

Metric

Imperial

ingredients

2 medium chicken breast cut into 1½ cm strips, lightly oiled and seasoned to taste	400 g
1/2 large red capsicum, ends trimmed and deseeded, 1½ cm strips, lightly oiled	150 g
1 large green capsicum, ends trimmed and deseeded, 1½ cm strips, lightly oiled	300 g
1 small zucchini, 1 cm slices, lightly oiled	75 g
8 medium cherry tomatoes, halved	136 g
4 loosely packed cups curly endive, washed, dried and ripped into short sections	120 g
1 loosely packed cup basil leaves	33 g
4 ½ Tbsp apple cider vinaigrette* (see link in hints)	
1 Tbsp Dijon mustard (optional)	6 g
½ cup lightly roasted walnuts halves	60 g
4 x thick slices haloumi, sliced 1½ cm/0.6 inch	100 g

olive oil spray for bbq'd ingredients and chicken

4 chunky wedges of lemon or lime

Method

Step 1

Prepare the vinaigrette and place the required amount (adding the mustard if you are using it) in the salad serving bowl. A nice twist is to substitute 1/4 of the olive oil with walnut oil.

Step 2

Heat a ridged grill pan or cleaned BBQ over a high heat. BBQ the vegetables until lightly cooked (about 3 minutes on each side). Remove and place straight into the large bowl with the vinaigrette tossing while you go. Lastly BBQ the chicken until just cooked (about 2 minutes on each side and mix.

Step 3

Mix the endive, tomatoes and basil into the vegetable and chicken and lightly toss. Serve immediately while it still warm with a good squeeze of the lemon or lime wedges. Accompany with walnuts and grilled haloumi on the side.

Hints

[Apple Cider Vinegarette recipe - click here](#)

The chicken breast can be exchanged for firm fish fillets, peeled prawns, lean pork or beef or even firm tofu.

You could also add other low FODMAP ingredients like blanched green beans, BBQ'd carrot slices or cucumber, just use your imagination. Check our Monash App for suggestions and remember to always check the serving sizes.

