

Lunchbox Laughter

Grilled Chicken Salad



Grilled Chicken Salad (Serves 4)

Ingredients:

- 4 chicken breasts
- 2tbsp honey
- 1tbsp mustard
- 1tbsp soy sauce
- 2 red onions
- 8 plum tomatoes
- 2tbsp soft brown sugar
- 2tbsp balsamic vinegar
- Olive oil
- Mixed leaf salad

Equipment:

- Baking Paper
- Hob
- Medium Pan
- Shallow Dish
- Fridge

Method:

1. Preheat the oven to 160 °C / Gas mark 4.
2. Place the chicken breasts in a shallow dish.
3. Combine the honey, mustard and soy sauce and pour over the chicken, tossing to coat.
4. If time, cover and refrigerate for 2 hours, turning once.
5. Cut the onions into wedges, and tomatoes in half, place on a baking tray covered with baking paper. Sprinkle with brown sugar and drizzle with the balsamic vinegar.
6. Bake vegetables for 40 minutes in a preheated oven.
7. Heat a pan and wipe over with the olive oil.
8. Remove the chicken from the marinade and cook for 5 minutes on each side or until cooked through.
9. Slice and serve with the onion and tomato on a bed of mixed salad leaves.

Enjoy hot or cold!

