

Middle Eastern Chicken and Roast Veg Salad

I wanted something yummy but healthy for lunch the other day and came up with this out of the contents of my fridge and vegie crisper. Oven roasted winter veg with pan seared chicken breast, tossed with fragrant herbs and a sumac and onion vinaigrette was the order of the day!

Serves 2

Extra virgin olive oil
1 chicken breast fillet cut into 1cm thick slices
4 brussel sprouts, quartered
1 carrot, peeled and halved then sliced diagonally
10 small cauliflower florets
1 zucchini, halved and sliced diagonally
50gm of baby spinach leaves
A handful of continental parsley leaves
A handful of coriander leaves
A handful of mint leaves
Half a red onion, thinly sliced
1 tsp of sumac
1/4 cup of extra virgin olive oil
Juice of 1 lemon
1/2 tsp of castor sugar
Sea salt and cracked pepper

Heat the oven to 200°C. Line a small baking tray with paper and pop in the sprouts, cauliflower, carrot and zucchini. Sprinkle over a little olive oil and season with salt and pepper. Toss to coat and bake in the oven for approximately 20 minutes or until tender.

Combine the onion, sumac, extra virgin and lemon juice in a small bowl. Season with salt and pepper, mix well and set aside.

Heat a small frypan and drizzle a little olive oil over the chicken pieces, season and fry until golden and cooked through, approximately 3 minutes either side.

In a large bowl toss the spinach leaves and herbs together. Add the roasted vegetables and chicken and half of the onion mixture. Toss well with your hands so that everything is covered in the zesty vinaigrette. Divide salad between two plates and top with the rest of the onion mixture. You could use any combination of veg for this recipe.....