

Seared balsamic chicken salad

Ingredients

- 1 chicken breast, cut into 4 lengthways
- 2 cloves garlic, finely chopped
- 1 sprig thyme, chopped
- 1 ciabatta loaf
- 1 young cos lettuce
- parmesan, shaved, to serve

For the dressing

- olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp dark soy sauce

Preparation method

1. Put the thyme, garlic and two tablespoons of olive oil into a bowl and mix well.
2. Brush the chicken with the mixture and place on a griddle pan for one and a half minutes on each side.
3. Rub the ciabatta with garlic and olive oil and place on the griddle next to the chicken.
4. Chop the cos lettuce. Place in a bowl and add two tablespoons of olive oil, two tablespoons of balsamic vinegar and the dark soy sauce. Season and toss well together.
5. Take the ciabatta off the griddle and place on a plate next to the salad leaves.
6. Add a splash of balsamic vinegar to the griddle pan to de-glaze and coat the chicken.
7. When the chicken is well coated, remove and place on the salad leaves.
8. Serve with shaved parmesan.

less than 30 mins

preparation time

10 to 30 mins

cooking time

Serves 2

By Mike Robinson

From Saturday Kitchen