

# Summer chicken salad

**Preparation time**      **20 minutes**

**Cooking time**         **3 hours**

**Serves**                 **4 people**

## INGREDIENTS

### FOR THE SALAD

2 chicken thighs per person

rocket lettuce

fresh asparagus

avocado

mango

red onion

### FOR THE MARINADE

fresh chillies (optional)

ginger

salt and pepper

olive oil

balsamic vinegar

corriander

## METHOD

1. Place grated ginger, finely chopped chillies (wash hands well after chopping chillies!) and chopped leaves of corriander into a bowl.
2. Add a little olive oil and season with salt and pepper then mix the ingredients well and pour onto chicken thighs.
3. Marinate chicken thighs for at least 2 hours in the fridge.
4. Steam asparagus for 4 minutes and rinse in cold water.
5. Add rocket, cooked asparagus, sliced avocado, sliced mango and sliced red onion in a salad bowl.
6. Dress the salad with olive oil, balsamic vinegar, salt and pepper.
7. Cook thighs in a pre-heated grill at 180°C for around 7 minutes each side or until cooked.
8. When the chicken is cooked, slice and toss through the salad.

WITH COMPLIMENTS FROM

*webster's*  
gourmet meat kitchen