

Spicy Chicken, Chicory and Grape Jar Salad

Servings: 4

Prep Time: 5min

Cook Time: 10min



Ingredients

- 1 tbsp. (15 ml) ginger; peeled and finely grated
- Zest of 2 oranges
- 4 tbsp. (60 ml) freshly squeezed orange juice
- 6 tbsp. (90 ml) olive oil
- 2 tsp. (10 ml) honey
- 2 tsp. (10 ml) wholegrain mustard
- Salt and pepper
- 2 chicken breasts
- 2 tsp. (10 ml) olive oil
- 2 tsp. (10 ml) cayenne pepper
- 2 cups (500 ml) mixed seedless grapes
- 2 heads of chicory; shredded
- 20 g wild rocket
- 3 tbsp. (45 ml) mint leaves
- 100 g julienned beetroot

Directions

1. In a small bowl, whisk the ginger, orange zest and juice, 6 tbsp. (90 ml) olive oil, honey and mustard together with a little salt and pepper.
2. Coat the chicken breast in remaining olive oil and cayenne pepper, and season with salt and pepper. Fry in a heavy based pan over a medium heat for 8–10 min. or until completely cooked through. Remove from pan and allow to cool before slicing into thin strips.
3. Divide the dressing between four large mason jars, then add the chicken breast slices.
4. Continue to build your salad layers with the grapes, chicory, rocket, mint and beetroot.
5. To serve, open each jar and turn upside down into a bowl to allow the dressing to coat the entire salad.