



Saturday Lunch - Warm Balsamic Glazed Chicken Salad (serves 4) - 35 mins prep. Virtually fat free.

1. Wrap a piece of smoked bacon around each chicken fillet & secure with a cocktail stick. Place in a shallow bowl with rosemary leaves & balsamic vinegar, coat & marinate for 15 minutes.

2. Meanwhile boil the potatoes until tender adding the peas for the last 2 minutes, drain and keep warm. Place the tomatoes in a griddle pan until cooked through, turning frequently.

3. Remove chicken from marinade & cook on griddle pan for 6 minutes on each side until meat is cooked

4. Place potatoes & peas into serving bowl with baby spinach. Slice chicken on top with broken walnuts.

5. Add lemon juice to balsamic juices on griddle pan & gently pour a little glaze over the salad. Add cherry tomatoes for colour and texture.

Ingredients:

4 chicken fillets

1 rosemary sprig leaves torn off

2 tbsp balsamic vinegar

1lb 5oz new potatoes halved

7 oz frozen peas

9oz cherry tomatoes

4oz baby spinach leaves

1 juice of lemon

Sprinkle of broken walnut.

4 slices smoked back bacon, all visible fat removed