

Spicy Chicken & Blueberry Salad

Add a handful of blueberries to transform this simple salad into something brilliant.

Serves: 4 | Preparation time: 15 minutes | Cooking time: 6 minutes

Ingredients:

- 4 small skinless chicken breast fillets
- olive oil spray
- 1 tablespoon za'atar spice mix
- 1 orange, 2tsp grated rind, flesh chopped into chunks
- ½ cup reduced fat plain yoghurt
- ½ cup coriander leaves, chopped
- 100g rocket leaves
- 125g punnet fresh blueberries
- 1 bunch asparagus, trimmed, blanched and halved
- 2 teaspoons extra virgin olive oil

Method:

1. Spray chicken breasts with olive oil. Combine spice mix with orange rind and sprinkle evenly over chicken.
2. Cook chicken in a frying pan over medium heat for 4-5 minutes each side, or until cooked through. Make sure the heat is not too high, as this will burn the coating.
3. Combine yoghurt and coriander. Refrigerate until required.
4. Place rocket leaves, blueberries, asparagus and orange into a large mixing bowl. Drizzle with olive oil and toss to coat.
5. Divide salad between serving plates, top with sliced chicken and drizzle with yoghurt dressing. Finish with extra coriander leaves if desired.

