

Watermelon, chicken & marinated feta salad



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Preparation: about 20 minutes

Cooking: about 10 minutes

Serves: 4

- 2 chicken breast fillets
- 1 tbs olive oil
- Salt and ground black pepper
- ¼ (about 1kg) seedless watermelon, trimmed and cut into 2–3cm cubes
- ½ small red onion, very thinly sliced
- 100g pitted Kalamata olives, sliced lengthways
- 125 marinated feta, drained and roughly crumbled
- 60g baby spinach leaves

Balsamic Dressing

- 1 tbs white balsamic vinegar
- 2 tbs extra virgin olive oil
- Salt and ground black pepper

1. Preheat a greased barbecue grill or char-grill pan on medium heat. Brush chicken with oil and season with salt and pepper. Barbecue or char-grill chicken for 4–5 minutes on each side until just cooked through. Transfer chicken to a board to rest for 10 minutes.
2. Cut chicken into ½ cm-thick slices. Combine chicken, watermelon, onion, olives, feta and spinach in a large bowl.
3. To make the dressing, place ingredients in a screw-top jar. Shake until well combined. Drizzle dressing over salad, gently toss to combine and serve.



Watermelon

- A good source of vitamin C, the vitamin that helps with the body's defence against infection.
- The deepest red-fleshed melons provide beta carotene which is converted to vitamin A in the body.
- A source of lycopene, a carotenoid also found in tomatoes and associated with the health of the prostate gland in men.

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