



Warm Chargrilled Chicken

and Asparagus Salad



20-30min



2 Portions

There is nothing better than a fresh grilled chicken salad to enjoy in the warmer months. The chicken breast fillet gets charred on the grill as does the tender asparagus and green beans, both of which are in season and taste terrific. The addition of butter beans make this salad substantial and oh-so satisfying!

What we send

- butter beans
- asparagus
- French vinaigrette
- parsley and 1 shallot
- capers
- Kalamata olives
- green beans
- free-range chicken breast fillet

What you'll require

- salt and pepper
- spray oil

Utensils

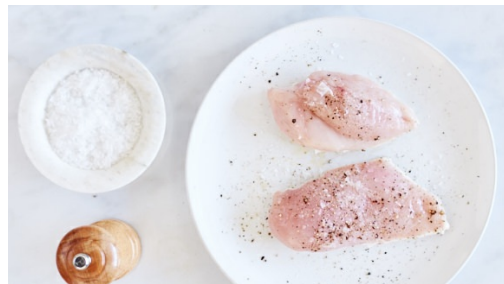
- chargrill or frypan
- Colander
- small saucepan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 460.0kcal, Fat 15.0g, Proteins 50.1g, Carbs 25.1g



1. Season chicken

Bring a small saucepan of salted water to the boil. Heat a chargrill pan over medium-high heat. Season the **chicken** with **sea salt and pepper** and lightly spray with **oil**.



2. Chargrill chicken

Chargrill the **chicken** for 2 mins each side or until lightly charred. Reduce the heat to medium-low and cook for a further 5 mins or until cooked through. Set aside for 5 mins to rest.



3. Blanch vegetables

Meanwhile, trim the **asparagus** and **green beans**. Cook in the pan of boiling water for 30 secs or until bright green. Drain well.



4. Chargrill vegetables

Add the **asparagus** and **green beans** to the chargrill pan and cook for 1-2 mins until lightly charred.



5. Make dressing

Meanwhile, rinse the **olives** and finely chop. Finely chop the **capers**. Pick the **parsley leaves**. Finely chop half the stems and discard the remaining stems. Combine **vinaigrette**, olives, capers and chopped parsley stems in a large bowl.



6. Get ready to serve

Thinly slice the **shallot**. Thickly slice the **chicken**. Halve the **asparagus**. Drain and rinse the **butter beans**. Add the butter beans to the **dressing** with the asparagus, **green beans**, coarsely chopped **parsley leaves**, shallot and **chicken**. Gently toss to combine.