

Summer Calabria Chicken Salad

Recipe by Chef Dale Sniffen

Preparation time: 20 minutes

Cooking time: 10 minutes

Serves: 8 to 10

Prep List

- 6 chicken breast (split in half)
- 3 tbsp Meat & chicken blend + 2 tbsp olive oil
- 8 truss tomatoes sliced 1/2 cm thick
- 250gm baby bocconcini - sliced
- 1 finely sliced red onion
- 2 firm to ripe avocados, peeled, then cubed 1cm thick
- 1/2 cup torn basil leaves
- 4 tbsp white balsamic vinegar
- 1/3 cup Extra virgin olive oil



Method

Pat dry chicken breast and rub in spice blend until the chicken is well coated. Add olive oil to coat chicken. Slowly preheat a bbq or ribbed grilling pan and cook chicken for 4 minutes per side, allow the chicken to rest for 5 minutes before slicing.

Assemble Salad

- Layer of sliced tomato, seasoned salt & pepper
- Layer of bocconcini slices
- Layer of red onions, avocado, cooked chicken and basil leaves
- Combine vinegar and olive oil to dress the salad