

# Chicken and Green Salad

Rate This Recipe

☆☆☆☆☆ No ratings yet

↑↓ Servings: 14 portion meal



## NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
139 kcal	12 g	6 g	9 g	1 g

PREP TIME	COOK TIME	COURSE
20 mins	0 mins	Lunch

## INGREDIENTS

- 680 g Chicken Tenderloins
- 60 Mls Extra Virgin Olive Oil
- 3 Tangerines
- 1 Pinch Salt
- 1 Pinch Pepper
- 1 Cup Cherries Pitted and chopped
- 0.3 Cup Pomegranate Juice
- 20 Mls Red Wine Vinegar
- 4 Cups Kale Leaves Stems removed, roughly chopped
- 0.5 Cup Red Onion sliced thinly
- 1 Granny Smith Apple
- 28 g Parmesan Cheese Shavings

## INSTRUCTIONS

1. Pre heat oven to 400 F (200 C)

2. Brush chicken tenderloins with 20 ml. EVOO. Transfer to a foil lined baking sheet.
3. Finely shred 10 ml. peel from tangerine. Peel tangerine; segment. Sprinkle chicken with half the salt and pepper pinches and shredded tangerine peel.
4. Bake 10 minutes, or until clear liquid is oozing from all sides of tenders and no pink is remaining. Don't over- cook it! Transfer to a cutting board and allow to cool at least 5 minutes.
5. For dressing, in a small bowl, add juice, remaining 40 ml. EVOO, vinegar, remaining ½ pinches salt, and pepper; whisk. Pour half the dressing into a large salad bowl. Add kale and onion slices; toss to coat.
6. Dice chicken into bite sized pieces. Add tangerine segments, apple slices, cherries and Parmesan shavings to kale mixture. Drizzle remaining dressing. Toss.
7. Serve portion onto plates, then top with your portion of chicken.

**Nutritional Values are for a Single Portion. This recipe as a whole makes 12 portions. Adjust the serving size to the portion size you require.**

1. NOTE 1.5 pounds / 680g of chicken makes 12 portions, so make sure you divide the chicken according to your portion size. Eg if you want a 4 portion meal, divide the salad and chicken into 3.



KEYWORDS

Lunch