

# BARBECUED CHICKEN with GREEK SALAD

## INGREDIENTS

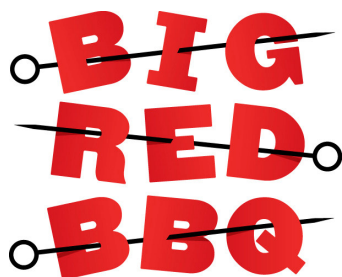
- 2 tablespoons low-fat yoghurt
- 1 lemon, juiced
- 1 tablespoon Greek seasoning
- 2 tablespoons mint leaves, finely chopped
- 500g chicken tenderloins, tendons removed, trimmed
- olive oil cooking spray
- 100g baby spinach
- 100g roasted capsicum, sliced
- 1 Lebanese cucumber, roughly chopped
- 50g snow pea sprouts
- 75g low-fat feta cheese, crumbled
- 1/2 cup Kalamata olives in brine

## METHOD

1. Place yoghurt, 2 teaspoons lemon juice, Greek seasoning and mint in a bowl. Mix well. Add chicken and turn to coat. Cover and refrigerate for 20 minutes.
2. Preheat a barbecue grill on medium low heat. Remove chicken from marinade and spray lightly with oil. Barbecue for 2 to 3 minutes each side or until just cooked through.
3. Meanwhile, place spinach, capsicum, cucumber, sprouts, feta and olives in a bowl. Toss to combine. Divide salad among plates. Top with chicken. Drizzle with remaining 2 1/2 tablespoons lemon juice. Season with pepper. Serve.

Serves 4

	Per Serving (280g)	Per 100g
Energy	1348	481
Protein	34.7	12.4
Fat – Total	14.9	5.3
- Saturated	4.7	1.7
Carbohydrate - Total	10.8	3.9
- Sugars	9.2	3.3
Sodium	568	203



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