



# Grilled Chicken, Peach & Roquette Salad

Recipe by Kirsten Bacon



Serves 6



Prep: 15 mins Cook: 15 mins

## INGREDIENTS

- 5 tbsp olive oil,
- 1 tbsp balsamic vinegar
- 1 tbsp chopped shallot
- 1 tsp Dijon mustard
- ½ tsp sea salt flakes, or more to taste
- 4 peaches, halved and pitted
- 4 chicken breast halves or, for a quick salad, grab a cooked chook and cut that up.
- 500gm roquette

## NOTES

Don't have peaches? Substitute these with nectarines for an equally delicious salad! The balsamic vinaigrette dressing also adds a nice depth of flavor that ties everything together perfectly.

## DIRECTIONS

1. Preheat an outdoor grill for medium-high heat and lightly oil the grate.
2. For the dressing: Whisk 4 tablespoons olive oil, balsamic vinegar, shallot, Dijon mustard, and 1/2 teaspoon salt together in a bowl until well mixed.
3. Brush 1 teaspoon olive oil onto cut-side of peaches.
4. Place peaches, cut-side down, onto grill and cook until heated through, about 4 minutes.
5. Transfer peaches to a plate. Brush remaining oil onto both sides of chicken breasts and season with salt.
6. Cook chicken on the preheated grill until no longer pink in the center, about 4 minutes per side.
7. Slice chicken into thin pieces and cut peaches into pieces. Toss roquette and dressing together in a bowl. Divide dressed roquette among plates; top with peaches and chicken.



## Sundays

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