



EATSLIM RECIPES

Lemon & Olive Chicken With Mint & Rocket Salad©

SERVES 4

Preparation time: 22 minutes
Cooking time: 6 minutes
Approx Cost: \$5.00 per serve

EATSLIM PRODUCTS NEEDED:

EatSlim Arrabbiata
EatSlim Balsamic Dressing

INGREDIENTS:

- *160 g of chicken breast cut into 4cm cubes
- *2 shallots (white part only) finely chopped
- 1 clove of garlic finely chopped
- ½ a tomato
- 1 tablespoon of EatSlim Arrabbiata blend
- 1 thick slice of lemon cut in half
- 4 kalamatta olives
- 2 tablespoons of EatSlim Balsamic Dressing
- 50g of broccoli finely chopped
- 1 orange peeled & cut into segments
- *1 tablespoon of red onion thinly sliced
- ¼ cup of mint leaves
- ½ cup of rocket leaves
- *30g of carrot ribboned with vegetable peeler
- 4 almonds chopped (optional)

METHOD:

1. Preheat oven to 200°C
2. Heat a lightly oiled pan over a medium heat; add chicken, shallots & garlic, brown for 2 minutes stirring constantly.
3. Transfer to a small oven proof dish. Add tomato, EatSlim Arrabbiata blend, lemon & olives. Bake in oven for 20 minutes.
4. Remove from oven and stir in 1 Tablespoon of EatSlim Balsamic Dressing.
5. Place all remaining salad ingredients in a bowl, toss and serve as a side.

*Please adjust weight to personal portion size.

Extra servings:

To increase servings to include the rest of the family simply times ingredients by how many servings are required.



SHOPPING LIST:

- Chicken breast
- Shallots
- Garlic
- Tomato
- Lemon
- Kalamatta olives
- Broccoli
- Orange
- Carrot
- Almonds
- Rocket
- Mint Leaves
- Red onion

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