



Creamy grilled lemon chicken salad# (HS)

Serving: 4

Non Veg

Ingredients

- • 600 g boneless, skinless chicken breasts or tenderloins
- FOR THE CREAMY DRESSING :
- • 1 cup [240 g] low fat mayonnaise or hung curds ,
- • 2 tsp fresh lemon juice
- • 60 ml extra-virgin olive oil
- • 3 large garlic cloves, minced
- • 2 tsp dried oregano
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- • ½ tsp freshly ground black pepper
- • 1 tsp lemon zest, from 1 lemon
- • 1 tsp Dijon mustard
- • ½ tsp freshly ground black pepper
- • 2 celery stalks, finely diced
- • 4 scallions, light and dark green parts, thinly sliced
- • 2 Tbsp finely chopped fresh Italian parsley
- • 1½ tsp chopped fresh thyme or rosemary (or a combination)
- • Salt

Preparation Method

- 1. To marinate and grill the chicken: Place the chicken breasts between two pieces of wax paper and, using a meat mallet or rolling pin, pound to an even ½-in [12-mm] thickness. (Skip this step if using tenderloins.)
- 2. Mix all the ingredients for the marinade together in a large scalable plastic bag. Add the chicken and massage the marinade into the meat until evenly coated. Seal the bag and place in a bowl in the refrigerator to protect against leakage; let the chicken marinate for at least 6 hours or overnight
- 3. Preheat a grill to high heat and lightly oil the grates. Place the chicken on the grill and cook, covered, for 2 to 3 minutes per side. Transfer to a cutting board and let cool completely, then cut into 2-in [12-mm] chunks
- 4. To make the dressing: In a large bowl, whisk together the mayonnaise, lemon juice, mustard, and pepper. Add the celery, scallions, herbs, and diced chicken. Stir to combine, then taste and add salt to taste. Cover with plastic wrap and refrigerate until ready to serve
- MAKE AHEAD: This salad can be made up 2 days ahead of time and refrigerated.