



## Veggie Grilled Chicken-Fish ( OP I )

Serving: 1

Non Veg

### *Ingredients*

- Serves 1
- 50 boneless chicken breasts, cut into pieces
- Salt to taste
- A pinch of black pepper powder
- 1 cup of mixed par-boiled vegetables (carrots, corn, French beans, zucchini)
- 2 leaves of iceberg lettuce
- 1 tbsp chopped tomatoes
- 1 tbsp chopped cucumber
- 1 tbsp chopped onions
- 2 to 3 fresh basil leaves
- $\frac{1}{2}$  tsp oil

### *Preparation Method*

- 1. Preheat the grill to high heat.
- 2. Marinate the chicken pieces with olive oil, salt and pepper and keep aside for 5 minutes.
- 3. Grill the pieces 3 to 5 minutes per side or until cooked thoroughly. Remove and keep aside to cool.
- 4. Heat oil in a pan over a medium flame, add the mixed vegetables and sauté for 2 minutes, add salt and mix well.
- 5. Remove into the serving bowl, add cooked chicken pieces, lettuce, tomatoes, cucumber, onions, mix well. Add the basil leaves and serve immediately.