

Salt and pepper chicken with waldorf salad

- **Nut-free**
- **Peanut-free**
- **Sesame-free**
- **Shellfish-free**
- **Seafood-free**
- **No added sugar**
- **1 serve Veg or Fruit**

Ready to serve in less than 30 minutes, this tasty salt and pepper chicken pairs perfectly with the crisp and colourful salad.

- Serves 4
- Cooktime 10 mins
- Prep time 15 mins

Ingredients

- 4 Coles RSPCA Approved Chicken Breast Fillets
- 200g pkt Coles Australian 4 Leaf Salad
- 1 Pink Lady apple, very thinly sliced
- 1/2 cup (50g) walnuts, chopped
- 1/2 cup (125ml) caesar salad dressing

Nutritional information

Per serve: Energy: 2192kJ/524 Cals (25%), Protein: 59g (118%), Fat: 28g (40%), Sat Fat: 4g (17%), Sodium: 461mg (23%), Carb: 8g (3%), Sugar: 8g (9%), Dietary Fibre: 3g (10%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Heat a greased barbecue grill or chargrill on medium-high. Season the chicken with salt and black pepper. Cook, turning, for 10 mins or until browned and

cooked through. Transfer to a plate. Cover loosely with foil and rest for 5 mins. Thickly slice.

2. Step 2

Meanwhile, toss the salad leaves, apple, walnut and 2 tbs salad dressing in a bowl. Transfer to a serving platter.

3. Step 3

Top the salad with the chicken and drizzle with the remaining salad dressing.