

Chicken and Grape Salad with Honey Mustard Dressing

A refreshing and light main dish combining tender chicken breast with juicy grapes, crisp greens, and a tangy honey mustard dressing. Perfect for a healthy lunch or dinner.



Main Dish

25 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 1 small chicken breast (around 150g)
- 1 cup red seedless grapes, halved
- 2 cups mixed salad greens
- 1/4 cup walnuts, toasted
- 2 tbsp crumbled feta cheese
- 1 tbsp olive oil
- 1 tbsp honey
- 1 tsp Dijon mustard
- Salt and pepper to taste

Steps

- 1 Season the chicken breast with salt and pepper.
- 2 Heat olive oil in a skillet over medium heat and cook the chicken for 6-7 minutes on each side or until fully cooked.
- 3 Remove from heat and let it rest for 5 minutes, then slice thinly.
- 4 In a small bowl, whisk together honey and Dijon mustard to make the dressing.
- 5 In a large bowl, combine salad greens, halved grapes, toasted walnuts, and feta cheese.
- 6 Add sliced chicken on top and drizzle with honey mustard dressing.
- 7 Toss gently and serve immediately.