

Grilled Chicken Spinach Salad with Cheddar & Creamy Mint Dressing

A vibrant, refreshing salad featuring slices of grilled chicken breast atop a bed of spinach, studded with cheddar cubes, and drizzled with a homemade creamy dressing. Fresh mint leaves add a zesty pop for both flavor and presentation.



Salad

20 min

Total time

Easy

Difficulty

410

kcal / serving

Ingredients

- 1 chicken breast (boneless, skinless)
- 2 cups fresh spinach leaves
- 40g cheddar cheese, cut into cubes
- 1 tablespoon fresh mint leaves
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 2 tablespoons Greek yogurt
- 1 teaspoon lemon juice
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey

Steps

- 1 Season the chicken breast with salt and pepper and brush with olive oil.
- 2 Grill the chicken breast over medium-high heat for 4-5 minutes per side, until cooked through. Let it rest, then slice thinly.
- 3 In a small bowl, whisk together Greek yogurt, lemon juice, Dijon mustard, honey, and a pinch of salt to make the creamy dressing.
- 4 Place spinach leaves on a plate. Scatter cheddar cheese cubes on top.
- 5 Arrange grilled chicken slices over the salad.
- 6 Drizzle with the creamy dressing and garnish with fresh mint leaves.
- 7 Serve immediately.