

Grilled Chicken with Salad

A delicious and simple main dish, perfect for all occasions.



Main Dish

15 min

Total time

Easy

Difficulty

286

kcal / serving

Ingredients

- Ingredients for 1 person
- 60g of chicken breast
- Salt and pepper
- 1 tablespoon of olive oil
- A handful of mixed salad leaves
- 1 tablespoon of balsamic vinegar
- 1 teaspoon of mustard

Steps

- 1 Preheat a pan over a medium-high heat.
- 2 Rub the chicken breast with salt, pepper, and olive oil.
- 3 Place it in the pan and cook it for 4 minutes per side.
- 4 Place the salad leaves in a bowl and add the balsamic vinegar and mustard.
- 5 Serve the cooked chicken with the salad.