

Grilled Peach and Chicken Salad

This refreshing salad combines the sweetness of grilled peaches with savory chicken, creating a delightful balance of flavors. Perfect for a light lunch or dinner, it's both nutritious and satisfying.



Main Dish

20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 medium peach, halved and pitted
- 1 chicken breast (about 150g)
- 1 cup mixed greens (arugula, spinach, or lettuce)
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar
- Salt and pepper to taste
- 1 tablespoon crumbled feta cheese (optional)
- 1 tablespoon sliced almonds (optional)

Steps

- 1 Preheat a grill or grill pan over medium heat.
- 2 Brush the chicken breast with olive oil, and season with salt and pepper.
- 3 Place the chicken on the grill and cook for about 6-7 minutes per side, or until fully cooked (internal temperature should reach 165°F/75°C).
- 4 During the last 2-3 minutes of cooking, add the peach halves to the grill, cut side down, and grill until charred and softened.
- 5 Remove the chicken and peaches from the grill, let them cool slightly, then slice the chicken.
- 6 In a bowl, toss the mixed greens with balsamic vinegar, and season with salt and pepper.
- 7 Plate the greens, top with sliced chicken, grilled peaches, feta cheese, and sliced almonds if using.
- 8 Serve immediately and enjoy your meal!