

Grilled Peach and Chicken Salad

This refreshing salad features succulent grilled peaches paired with tender chicken breast, mixed greens, and a light balsamic glaze. Perfect for a summer meal, it's both satisfying and nutritious.



Main Dish

20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 ripe peach
- 1 chicken breast (about 150g)
- 2 cups mixed greens (spinach, arugula, etc.)
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste
- Optional: crumbled feta cheese and walnuts for topping

Steps

- 1 Preheat the grill or a grill pan over medium heat.
- 2 Season the chicken breast with olive oil, salt, and pepper.
- 3 Grill the chicken for about 6-7 minutes per side, or until cooked through. Let it rest.
- 4 Halve and pit the peach, then grill the peach halves for about 2-3 minutes on each side until grill marks appear.
- 5 In a bowl, combine the mixed greens and balsamic vinegar, tossing to coat.
- 6 Slice the grilled chicken and peach.
- 7 Assemble the salad by placing the greens on a plate, topping with chicken and peach slices, and adding optional feta and walnuts if desired.
- 8 Drizzle with additional balsamic vinegar if preferred and serve immediately.