

Spicy Watermelon Chicken Salad

A refreshing and savory main dish combining juicy watermelon cubes with tender grilled chicken and a zesty chili-lime dressing. Perfect for a light, healthy meal with a sweet and spicy twist.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 100g chicken breast
- 150g watermelon cubes
- 1 handful of mixed greens (spinach, arugula)
- 1 tablespoon lime juice
- 1 teaspoon chili flakes
- 1 teaspoon olive oil
- Salt and pepper to taste
- Fresh mint leaves for garnish

Steps

- 1 Season the chicken breast with salt, pepper, and half of the chili flakes.
- 2 Grill the chicken on medium heat for about 5-6 minutes each side until cooked through.
- 3 Meanwhile, toss the watermelon cubes with lime juice and remaining chili flakes.
- 4 Slice the grilled chicken into strips.
- 5 On a plate, arrange the mixed greens, top with chicken slices and watermelon mixture.
- 6 Drizzle olive oil over the salad.
- 7 Garnish with fresh mint leaves.
- 8 Serve immediately.