



## Summer asparagus salad with grilled chicken, grapefruit segments and sliced avocado

Serves 4

Preparation time: 25 minutes

Cooking time: 15 minutes

### INGREDIENTS

- 100 g fresh asparagus
- 350 g chicken breast
- 2 tablespoon basil, chopped
- 2 tablespoon parsley, chopped
- 1 teaspoon oregano, chopped
- 2 cloves of garlic, chopped
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 grapefruit
- 1 avocado
- 2 mini cucumbers
- 4 tablespoon mixed sprouts
- 8–10 sprigs watercress

- 1½ tablespoon olive oil
- Pinch of salt

## **METHOD**

1. Wash the asparagus well and trim woody stalks. Then cut them into 3–4 cm lengths. Steam the asparagus for 1–2 minutes until al dente and refresh in ice water.
2. Place the chopped herbs, garlic, lemon juice, and olive oil in a bowl and mix well. Add the chicken breast and rub in the marinade. Leave to rest for 20 minutes or longer.
3. Heat a grill pan over medium high heat. Add the chicken breasts and cook them for approximately 6 minutes on each side, turning from time to time.
4. Remove the chicken from the grill pan and let it rest for 10 minutes before slicing.
5. Segment the grapefruit using a serrated knife and work carefully over a bowl to catch the juices.
6. Slice the avocado into thin slices and coat with some of the grapefruit juice to prevent discolouration.
7. Thinly slice the mini cucumbers into ribbons using a peeler.
8. Use a large platter to plate the salad. Plate all the prepared ingredients (asparagus, grapefruit, avocado, cucumber and chicken) elegantly, creating some height.
9. Sprinkle the sprouts over the salad and garnish with the watercress sprigs. Drizzle the salad with a bit more of the reserved grapefruit juice and the olive oil.