



# GRILLED PUMPKIN, ASPARAGUS AND CHICKEN SALAD



⌚ **Prep:** 10 mins  
 ⌚ **Cook:** 25 mins  
 🍴 **Serves:** 4  
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## Method

1. Spray a barbecue, char-grill or griddle with oil, pre-heat to medium-high.
2. Place chicken in a small dish with  $\frac{1}{2}$  the crushed garlic and lemon juice; stir to coat and set aside to marinate.
3. Place asparagus on heated grill and cook for 7 minutes or until lightly charred, turning occasionally. Remove from grill, cut into 5cm pieces then set aside.
4. Respray grill and cook pumpkin in batches for 2-3 minutes each side until charred and just tender. Remove from heat, cut into 3cm triangles and set aside.
5. Respray grill and cook chicken for 2-3 minutes each side until cooked through.
6. Meanwhile, in a small bowl combine lentils, remaining  $\frac{1}{2}$  clove crushed garlic and balsamic.

## Ingredients

- ▲ olive or canola oil spray
- ▲ 8 chicken tenderloins
- ▲ 1 clove garlic, crushed
- ▲ 1 lemon, juiced
- ▲ 2 bunches asparagus, ends trimmed
- ▲ 450 g Japanese, Kent or butternut pumpkin, peeled, cut into 5mm thick slices
- ▲ 420 g no-added-salt brown lentils, drained and rinsed
- ▲  $\frac{1}{3}$  cup balsamic vinegar
- ▲ 150 g baby spinach or mixed leaves
- ▲ 250 g punnet cherry tomatoes, halved
- ▲  $\frac{1}{2}$  cup parsley, chopped

## Nutrition Information

	per serve	per 100g
<b>Energy</b>	1100 kJ	257 kJ
<b>Protein</b>	29.7 g	7 g
<b>Fat, total</b>	5.7 g	1.3 g
— saturated	0.8 g	0.2 g
<b>Carbohydrate</b>	17.5 g	4.1 g
— sugars	7.8 g	1.8 g
<b>Sodium</b>	58.2 mg	13.6 mg
<b>Fibre</b>	9.4 g	2.2 g

7. To serve, divide spinach or salad leaves, tomatoes, lentils with dressing, asparagus and pumpkin among serving plates.
8. Sprinkle with parsley then top with chicken; serve immediately.

**Hint**

Cover dish, refrigerate and marinate chicken for as long as time permits, from 30 minutes to overnight.

**Variations**

- Add other chargrilled vegetables such as green beans, broccolini, cauliflower, zucchini, eggplant, capsicum or sweet potato.
- Include other vegies such as sliced red capsicum, cucumber, radish, red onion or semi-sundried tomatoes.
- Replace lentils with drained no-added-salt cannellini beans, butter beans, chickpeas or four bean mix.

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