



Grilled Chicken Garden Salad

Ingredients

- 1 sudu kecil Corn Oil
- 500 g Chicken Breast
- 2 sudu besar MAGGI® Oyster Sauce
- 1 sudu besar Chili Powder
- 3 sudu besar Water
- 100 g Cucumber
- 200 g Lettuce, Iceberg (Includes Crisphead Types), Raw
- 100 g Tomato
- 50 g Carrot
- 1 Corn
- 50 g Chickpeas
- 0.25 cawan Roasted Almonds
- 1 Onion
- 1 sudu kecil Black Pepper
- 2 sudu besar Parsley
- 100 g Natural Fat Free Yogurt
- 1 sudu kecil Lime Zest
- 2 sudu kecil Lime Juice
- 1 sudu besar Honey

Instruction

1. Firstly, combine the MAGGI® Oyster Sauce, chilli powder and water in a small bowl. Next, pour it over the chicken breast and massage marinade into meat until evenly coated. Let the chicken marinate overnight.
2. When the chicken is ready to be cooked, oil a pan or grill and grill the chicken for 5 minutes on each side. Cover with a lid while grilling.
3. After the chicken is cooked, let it cool for about 10 minutes and then slice it. Set aside.
4. In a large bowl, add cucumber, salad, tomato, carrot, grilled corn kernels, chickpeas and roasted almonds. Add the sliced chicken into the bowl and set aside to chill.
5. It's now time to prepare the salad dressing. In a small bowl, add the chopped onion, black pepper, chopped parsley, NESTLÉ Greek Style Yogurt, lime zest, lime juice and honey. Mix the ingredients well.
6. Drizzle the dressing over the salad and serve!

Nutrition

Karbohidrat	19.75 g
Tenaga	232.49 kcal
Lemak	6.29 g
Protein	25.67 g

146 Minutes

6 servings