

Chicken Breast with Mediterranean Salad

Calories: 56.6 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 15.00 ml Apple Cider Vinegar
- 60.00 g Baby Spinach
- 120.00 g Chicken Breast
- 2.00 sprays Cooking Spray
- 40.00 g Eggplant (sliced thinly)
- 15.00 ml Flaxseed Oil
- 40.00 g Red Capsicum (sliced thinly)
- 40.00 g Yellow Capsicum (sliced thinly)
- 60.00 g Zucchini (sliced thinly)

Instructions

1. Pan fry chicken breast in non-stick pan until cooked through and set aside.
2. Stir-fry capsicum, eggplant and zucchini until soft.
3. Place spinach leaves on serving plate, top with chicken breast, vegetable mix, oil and vinegar.