

Chicken Breast with Mediterranean Salad



0 kcal

Serving 1

0 Mins

Chicken Breast with Mediterranean Salad

★★★★★ (0)

Calories 0 kcal

Protein Serves 2.00

Carbohydrate 5.5 grams

Cholesterol 0 milligrams

Fat 0 grams

Fiber 0 grams

Protein 20 grams

Ingredients

15 ml Apple Cider Vinegar

60 g Baby Spinach

120 g Chicken Breast

2 sprays Cooking Spray

40 g Eggplant (sliced thinly)

15 ml Flaxseed Oil

40 g Red Capsicum (sliced thinly)

40 g Yellow Capsicum (sliced thinly)

60 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.