Mediterranean-Inspired Grilled Chicken Salad: A Quick and Easy Recipe

Looking for a quick and easy dinner recipe that the whole family will love? Look no further than this Mediterranean-inspired grilled chicken salad.

Made with Nutrafarms' air-chilled chicken, fresh vegetables, and a flavourful dressing, this salad is not only delicious but also healthy and packed with nutrients.

Ingredients for Grilled Chicken rub:

- 2 Nutrafarms boneless skinless chicken breasts
- 1 tsp oregano
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste
- 1 tbsp olive oil
- 1 tbsp lemon juice

Ingredients for Mediterranean Salad:

- 2 cups spinach
- 1 cup tomatoes, diced
- 1 cup cucumber, diced
- 1/4 cup green onions, thinly sliced
- 1/4 cup feta cheese, grated

Ingredients for Mediterranean Salad Dressing:

- 1/4 cup olive oil
- 2 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1 tsp oregano

- Salt and pepper to taste

Prep & Directions for Mediterranean Grilled Chicken Salad:

- Season the chicken breasts with oregano, paprika, garlic

powder, onion powder, salt, pepper, olive oil, and lemon juice.
- Heat a grill or grill pan over medium-high heat. Grill the chicken for 5-7 minutes per side, or until fully cooked.
- Let the chicken cool, then chop into bite-sized pieces.
- In a large bowl, combine the spinach, tomatoes, cucumber, green onions, and feta cheese. Add the chopped chicken and toss to combine.
- In a small bowl, mix together the Mediterranean salad dressing (recipe below).
- Drizzle the dressing over the salad and toss to coat.
- Serve immediately and enjoy!

Final Thoughts: Nutrafarms Chicken

Grilled Salad

This Mediterranean-inspired grilled chicken salad is the perfect dinner recipe for busy families. It’s quick, easy, and packed with flavour and nutrients.