

ADAM GRAY

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Grilled Chicken with Cauliflower, Pomegranate and Toasted Pine Nut Salad

(Serves four)

Ingredients:

4 x Free range chicken breasts, skin on and on the bone if possible
1 x Lemon - zested
1 x Medium sized cauliflower
2 x Pomegranates
1 x bunch flat leaf parsley
200g Pine nuts or walnuts
300ML Cold pressed rapeseed oil
50ML Red wine vinegar
Salt
Freshly milled pepper



Method:

- Place the chicken breasts in a large bowl, rub all over with 100ML of the rapeseed oil, the lemon zest, salt and freshly milled pepper and then cover with cling film. Leave out of the fridge while you prepare the rest of the dish.
- Cut the pomegranates in half and over a bowl, in one hand hold the pomegranate half and with the other hand smack the outer shell with a large spoon! All the seeds will fall out into the bowl, repeat the process with all the pomegranate halves until all the seeds are out of the shell. Ensure there are NO pieces of white pith in the bowl, with the seeds!
- Add the red wine vinegar and the rest of the rapeseed oil to the pomegranate seeds, then season with salt and pepper. Put aside.
- Cut the cauliflower into quarters and then slice very thinly on a Japanese mandolin or with a sharp knife.
- Pick the leaves from the stalks of flat leaf parsley and chop finely. Discard the stalks.
- Mix the finely chopped parsley with the sliced cauliflower and then pour in the pomegranate dressing and thoroughly mix together.
- Place the pine nuts on a baking tray and place in a pre heated oven at 200c for 6-8 minutes until the pine nuts are a light golden colour.
- Place the marinated chicken breasts either on a hot griddle pan, BBQ or hot tray in a pre heated oven at 200c.
- If cooking on a griddle pan or BBQ, rotate the chicken breasts every 5-10 minutes so that they cook evenly.
- If cooking in the oven, then cook for approximately 20 minutes until the chicken breast is fully cooked all the way through.

To Serve:

- Scatter the cauliflower salad over the serving plate liberally.
- Remove the chicken breast from the bone and slice in half.
- Place the sliced chicken breast on the cauliflower salad and sprinkle over the toasted pine nuts.
- Drizzle any excess pomegranate dressing over and around the chicken.

Healthy facts

- Cauliflower contains a sulphur compound that has also been shown to kill cancer stem cells and slowing tumour growth. It is an important source of dietary fibre, high in vitamin C, improves blood pressure and kidney function
- Pomegranates when included in a diet will reduce weight and control cholesterol, boost immunity and improve blood circulation.