

Peppered Chicken & Strawberry Salad

Serves 4 as a main

- 375g punnet Victorian strawberries
- 500g chicken tenderloins
- 1 tablespoon olive oil
- 1 tablespoon lemon pepper seasoning
- 100g prosciutto
- 1 bunch asparagus, trimmed and sliced
- 150g snap peas (or snow peas)
- 50g baby spinach
- 50g snow pea sprouts
- 1 avocado, sliced
- 1/3 cup sliced shallots

Dressing

- ¼ cup olive oil
- 1 tablespoon white balsamic dressing
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt



1. Make dressing: Puree 150g of the strawberries in a food processor, then push through a fine sieve to remove pulp (this should yield about 1/3 cup strawberry juice). Place strawberry juice in a medium size jar; add dressing ingredients and set aside.
2. Place chicken in a large bowl; add olive oil and stir to coat; then add lemon pepper and stir to coat evenly. Spray a cast iron grill or barbeque plate with non-stick cooking spray and heat to medium hot. Grill chicken 3 minutes each side or until cooked. Set aside. Place prosciutto on grill and cook to until crisp. Allow to cool on absorbent paper, and then break into pieces. Cut chicken into bite size pieces.
3. Bring a medium size pot of water to boil; add asparagus and boil 1 minute; then add snap peas and continue boiling for 1 minute longer. Refresh in iced water, then drain well. Place spinach, snow pea sprouts, avocado, shallots, asparagus and snap peas in a large bowl. Cut remaining strawberries in half and add to salad. Gently toss. Add chicken and prosciutto and mix lightly.
4. Place salad on a platter or individual plates. Just before serving, shake dressing to combine and pour into a serving jug.