



GRILLED NECTARINE, CHICKEN & CAMEMBERT SALAD

https://www.mainland.co.nz/recipe/Grilled_nectarine_chicken_camembert_salad.html



Prep Time
10 MINS

COOKING Time
20 MINS

SERVES
2

This fresh salad with creamy camembert, chicken and tangy nectarines is the perfect addition to any summer BBQ.

Ingredients

- 275 g chicken tenderloins
- 1 tbsp olive oil
- 1 nectarines cut into quarters
- 60 g salad mix
- 75 g Mainland Special Reserve Creamy Camembert Cheese sliced
- 2 tbsp walnuts chopped

Dressing

- 1 tbsp olive oil
- 1½ tbsp balsamic vinegar
- ½ tsp dijon mustard
- ½ clove of garlic crushed

Method

1. Heat a grill pan or BBQ over a medium heat, brush the chicken with oil and cook for about 6-8 minutes until cooked through. Allow to rest for a few minutes before slicing it into bite size chunks.
2. Brush the nectarine slices with a little olive oil. Grill the fruit for 2-3 minutes per side or until they develop grill marks and caramelize slightly, take care not to overcook. Remove from the grill and set aside.
3. To make the dressing, in a small bowl, whisk together balsamic vinegar, olive oil, Dijon mustard, garlic, salt, and pepper. Adjust the seasoning to taste.
4. Arrange the salad leaves in individual shallow bowls.
5. Top with chicken, camembert and nectarine and then sprinkle with walnuts.
6. Drizzle with dressing to serve.