

## Pineapple chicken salad with balsamic vinaigrette

*Serves 8*

### Ingredients:

4 boneless, skinless chicken breast, each about 5 ounces  
1 tablespoon olive oil  
1 can (8 ounces) pineapple chunks or mandarin oranges in natural juice, drained except for 2 tablespoons natural juice  
1 red capsicum – cut into cubes  
1 Japanese cucumber – cut into cubes  
4 cups fresh baby spinach leaves (or romaine lettuce if no spinach leaves)  
½ cup thinly sliced red onions - optional

### For the vinaigrette

½ (125ml) cup olive oil  
¼ cup (60ml) balsamic vinegar  
1 tablespoon honey  
black pepper and herbs to taste

### Method:

1. Cut each chicken breast into cubes. In a large, non-stick frying pan, heat the olive oil over medium heat. Add the chicken and cook until golden brown, about 10 minutes. Alternatively, place on aluminum tray and grill chicken breast until cooked (about 10mins). Cut into pieces after cooled.
2. In a large serving bowl, combine the cooked chicken, pineapple chunks or mandarin oranges, capsicum, cucumber, spinach and onions.
3. To make the dressing, whisk together the olive oil, vinegar, reserved pineapple juice, honey, herbs and black pepper in a small bowl. Pour over the salad. Toss gently to coat evenly. Serve immediately.

### Dietitian's Tip:

- Balsamic vinegar adds vibrant flavor to this salad without a hint of fat or sodium. With its intense and complex flavor, this vinaigrette is a perfect complement to the chicken, pineapple and spinach salad.

### Nutritional analysis per serving:

Energy: 278 kcal	Fat: 18 g	Dietary fibre: 1.6g
Protein: 17 g	Saturated fat: 2.6g	Sodium: 60 mg
Carbohydrate: 12g	Cholesterol: 50mg	



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