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## Grilled lime chicken on baby spinach

Serves 4-6

**6 boneless chicken breasts**

**1tbsp grated fresh ginger**

**2tsp crushed garlic**

**3tbsp Worcestershire sauce**

**1 lime, juice and rind**

**3tsp lemon juice**

**1/2tsp white pepper**

**salt**

**little olive oil, to brush**

**200g baby spinach**

**4tbsp French salad dressing**

**lime wedges**

*To serve*

**New potatoes**

- 1 Place the chicken in a large shallow bowl.
- 2 Mix together the ginger, garlic, Worcestershire sauce, lime juice and rind, lemon juice and seasoning in a small bowl.
- 3 Pour over the chicken and leave to marinate for at least 30 minutes.
- 4 Line a grill rack with foil and arrange the chicken breasts on it. Brush the chicken with a bit of olive oil and grill under a moderate heat for 30 minutes, until it cooks evenly.
- 5 Arrange the baby spinach leaves in a serving dish, sprinkle with salad dressing, and place the chicken pieces over the spinach.
- 6 Garnish with lime wedges and serve with new potatoes.

Fat	14g	Carbs	8g	Energy	397kcal
Protein	29g	Sodium	2.2g	Fibre	4g



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