

**Chill out at the start of Wimbledon with this Grilled Chicken with sesame spinach salad...**



THE  
**Waterside**  
HOTEL & GALLEON LEISURE CLUB

### **Preparation Time**

2 Hours

### **Cooking Time**

10 Minutes

### **Ingredients (serves 4-6)**

1-2 tablespoons ground coriander

2 tablespoons light olive oil

1 tablespoon rice or malt vinegar

1 tablespoon sesame oil

200g baby spinach leaves, washed

80ml lemon juice

700g chicken breast fillets, skinned

1 tablespoon light soy sauce

1 tablespoon sugar

1 tablespoon toasted sesame seeds

### **Method**

In a large baking dish, combine coriander, lemon juice and half of oil. Season to taste. Add chicken, coating well in marinade. Cover and marinate at room temperature for 2 hours, or refrigerate overnight.

Remove chicken from marinade. Reserve marinade for basting. Heat a chargrill pan on high. Cook chicken in 2 batches for 3-5 minutes, turning and basting occasionally with marinade, until tender and evenly browned.

Combine vinegar, soy sauce, sesame oil, remaining olive oil and sugar in a bowl. Add spinach and sesame seeds. Arrange on a platter and top with chicken. Serve.