



Moorddrift
Dairy

BBQ CHICKEN < WATERMELON AND MINT SALAD

INGREDIENTS

- 360 g chicken breasts
- 200 g watermelon
- 200 g mixed salad leaves
- 2/5 cup (100 ml) KNORR Smoky BBQ Marinade
- 1/2 bunch mint leaves
- 2/5 cup (100 ml) KNORR Lite French Salad Dressing

METHOD

In a baking dish place the chicken breasts and cover with KNORR Smoky BBQ Marinade
Bake in a preheated 180°C oven for 15-20 minutes, basting every 5 minutes

Once cooked, cut into strips

Using a melon-baller, scoop the watermelon flesh into ball shapes

In a serving dish place the salad leaves and top with the watermelon balls and mint

Drizzle with KNORR Lite French Salad Dressing

Add chicken to salad and toss well

Serve

FRESHER FOR LONGER

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