

Lemon Herb Mediterranean Chicken Salad

Grilled Lemon Herb Mediterranean Chicken Salad that is full of Mediterranean flavours with a dressing that doubles as a marinade!



Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Course: Salad Cuisine: Mediterranean Keyword: Chicken Salad

Servings: 4 people Calories: 336kcal Author: Karina



4.89 from 54 votes

Ingredients

Marinade/Dressing:

- 2 tablespoons olive oil
- juice of 1 lemon (1/4 cup fresh squeezed lemon juice)
- 2 tablespoons water
- 2 tablespoons red wine vinegar
- 2 tablespoons fresh chopped parsley
- 2 teaspoons dried basil
- 2 teaspoons garlic , minced
- 1 teaspoon dried oregano
- 1 teaspoon salt
- cracked pepper , to taste
- 1 pound (500 g) skinless, boneless chicken thigh fillets (or chicken breasts)

Salad:

- 4 cups Romaine (or Cos) lettuce leaves, washed and dried
- 1 large cucumber diced
- 2 Roma tomatoes diced
- 1 red onion sliced
- 1 avocado sliced
- 1/3 cup pitted Kalamata olives (or black olives), sliced (optional)
- Lemon wedges to serve

Instructions

1. Whisk together all of the marinade/dressing ingredients in a large jug. Pour out half of the marinade into a large, shallow dish. Refrigerate the remaining marinade to use as the dressing later.
2. Add the chicken to the marinade in the bowl; marinate chicken for 15-30 minutes (or up to two hours in the refrigerator if time allows). While waiting for the chicken, prepare all of the salad ingredients and mix in a large salad bowl.
3. Once chicken is ready, heat 1 tablespoon of oil in a grill pan or a grill plate over medium-high heat. Grill chicken on both sides until browned and completely cooked through.
4. Allow chicken to rest for 5 minutes; slice and arrange over salad. Drizzle salad with the remaining UNTOUCHED dressing. Serve with lemon wedges.

Notes

Add 1/2 cup crumbled feta to give the salad an even better flavour!

Nutrition

Calories: 336kcal | Carbohydrates: 13g | Protein: 24g | Fat: 21g | Saturated Fat: 3g | Cholesterol: 107mg | Sodium: 271mg | Potassium: 385mg | Fiber: 6g | Sugar: 4g | Vitamin A: 4745IU | Vitamin C: 18.4mg | Calcium: 84mg | Iron: 2.8mg