



Griddled chicken with passion fruit marinade

Griddled chicken with passion fruit marinade, brilliant when cooked on the barbecue for that summer flavour. Or simply cook in the oven for a dish that's just as delicious. This is sure to become a regular on your menu and a firm favourite with the family.

Ingredients

For the marinade:

- Juice of 1/2 lemon
- Pulp of 1/2 passion fruit
- Pinch ginger, grated
- 10ml olive oil

For the remainder of the dish:

- 1 chicken breast, skinless
- Large green salad

Serves 1

Method



1. Mix together the marinade ingredients
2. Coat the chicken in the marinade and leave in the fridge for 2 hours
3. Pre-heat the oven to 190C
4. Drain the chicken, then griddle it in a pan for 2 minutes on each side
5. Transfer to an ovenproof dish, pour over the marinade and cook for 7-10 minutes
6. Serve with the salad, using the warm marinade as a dressing



The Grange
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