



Balsamic mushroom, chicken & asparagus salad

Preparation: 15 minutes

Cooking: 13 minutes

Serves: 4

2 bunches asparagus, trimmed & cut diagonally into 8cm pieces
2 tbs olive oil
500g chicken breast fillets, trimmed & cut into 1cm-thick slices
salt & ground black pepper, to taste
400g cup mushrooms, quartered
1 tbs balsamic vinegar
150g baby spinach leaves, washed & dried
freshly-shaved parmesan cheese, to serve

1. Cook asparagus in a large frying pan of simmering water for 2-3 minutes or until just tender. Drain, refresh in cold water & place onto paper towel.
2. Season chicken with salt & pepper. Wipe the frying pan with paper towel to dry. Add oil to pan & heat over medium-high heat until hot. Add chicken & cook, turning occasionally, for 3-4 minutes or until almost cooked through. Using a slotted spoon, remove to a plate & set aside.
3. Increase heat to high, add mushrooms & cook, turning occasionally, for 2-3 minutes or until just tender. Add chicken & asparagus & toss gently to combine. Add balsamic vinegar, stir well to combine & cook for 30 seconds.
4. Place spinach leaves onto serving plates, top with chicken, mushrooms & asparagus.
Drizzle over pan juices, top with shaved parmesan & serve.