

# Grilled Chicken & Pear Wholegrain Pasta Salad

SERVES 4

## Ingredients

To make grilled chicken

200g	Chicken thigh (skinless)
½	Fresh lemon (squeeze out juice)
¼ tsp	Salt
¼ tsp	Black pepper
10 g	Garlic (finely chopped)
2 tsp	Olive oil

## Nutrition Information Per Serving

Energy	317kcal
Carbohydrate	30g
Protein	15.5g
Fat	15g
Saturated fat	2.3g
Cholesterol	41.5mg
Dietary Fibre	7.0g
Sodium	264mg

To make salad:

100g	Wholegrain spiral fusilli pasta
2 Whole	Pears (diced into small cubes)
20g	Walnuts (crushed)
20g	Purple onions (finely diced)
100g	Celery (diced into small pieces)
6-8 tsp	Olive oil
2 tbsp	Balsamic vinegar
1 Sprig	Parsley (finely chopped)

## Method of preparation

1. Marinate chicken thigh with fresh lemon juice, salt, black pepper, chopped garlic and olive oil. Cover and keep in fridge for at least 30 minutes.
2. Pre-heat oven or air-fryer at 180°C. Grill chicken in oven or air-fryer at 180°C for approximately 15 to 20 minutes. Leave the grilled chicken to cool before shredding into bite-sized pieces.
3. Cook wholegrain spiral fusilli pasta in boiling water with a pinch of salt and 1 teaspoon of olive oil in it until al-dente (approximately 5 to 8 minutes according to instructions on package); drain and set pasta aside to cool.
4. Combine pasta and shredded chicken in a salad bowl. Toss with diced pears, diced celery, crushed walnuts, finely chopped parsley, balsamic vinegar and olive oil.
5. Keep pasta salad in fridge to chill before serving.