



Greek Warm Spinach and Chickpea Salad with Sauteed Chicken

30 minutes

Hands on

Family

Portion(s)

1

Difficulty



Ingredients

- 500 g spinach
- olive oil, to sauté vegetables
- 100 g [rusks](#), whole
- 2 clove(s) of garlic
- 3-4 sprig(s) oregano, fresh
- 1/2 teaspoon(s) cumin
- balsamic vinegar
- 300 g chickpeas, dry, soaked in water overnight and boiled
- 2 chicken, fillets, sautéed
- 2 tablespoon(s) olive oil, to sauté chicken fillets

Διατροφικός πίνακας

Nutrition information per 100 gr.

119 Calories (kcal)	2.6 Total Fat (g)	0.59 Saturated Fat (g)	11.2 Total Carbs (g)
6%	4%	3%	4%
0.96 Sugars (g)	11.0 Protein (g)	3.3 Fibre (g)	0.22 Sodium (g)
1%	22%	13%	4%

Method

- Boil the chickpeas and drain.
- Wash the spinach and separate the leaves from the stems.
- Add 2 tablespoons of olive oil to a large pan and sauté the spinach stems for a few minutes, until they soften a bit.
- Cut the spinach leaves in half. Add them to the pan along with the cumin and sauté for 1-2 minutes.
- Beat the garlic, rusks and oregano in a small food processor or blender, just until they break down but do not finely grind them.
- Add the vegetables and chickpeas to the pan and sauté for about 2 minutes, until the chickpeas heat through.
- Season with salt and pepper and add 3-4 tablespoons balsamic vinegar.
- In a separate pan, sauté the 2 chicken fillets until golden brown. Do not dry them out.
- Serve salad warm with sautéed chicken.