

Tommy Bahama®

FROM THE *FLAVORS OF THE SOUTHERN COAST* COOKBOOK

Grilled Chicken & Mango Salad

MAKES 4 SERVINGS

MARINADE

1 cup/240 ml olive oil, plus more for brushing

¼ cup/60 ml fresh lemon juice

1 Tbsp roasted garlic, mashed

1 Tbsp fresh rosemary, coarsely chopped

1 Tbsp fresh flat-leaf parsley, coarsely chopped

1 ½ tsp black pepper, coarsely cracked

¼ tsp red pepper flakes

4 skinless, boneless chicken breast halves, each 6 oz./170 g

Olive oil, for brushing

5 oz./140 g mixed baby salad greens

½ cup/55 g crumbled feta cheese

3 Tbsp dried blueberries or cherries

3 Tbsp slivered natural almonds, toasted

3 Tbsp macadamia nuts, toasted and coarsely crushed

3 Tbsp salted pumpkin seeds, toasted

2/3 cup/165 ml Meyer Lemon Vinaigrette

2 ripe mangoes, peeled, pitted, and cut into ½-in./12-mm slices

INSTRUCTIONS

1. For the marinade: Pulse all ingredients together in a blender until combined.
2. One at a time, place a chicken breast half between two sheets of plastic wrap. Lightly pound the chicken with the flat side of a meat pounder or a rolling pin until the chicken is about ½ in./12 mm thick. Transfer the chicken to a 1-gal/3.8-L self-sealing plastic bag. Pour the marinade. Close the bag and refrigerate, turning occasionally, for at least 2 hours or up to 12 hours.
3. Prepare an outdoor grill for direct cooking over medium heat.
4. Remove the chicken from the marinade, shaking off the excess marinade. Lightly brush the chicken with the olive oil. Put the chicken on the grill grate. Grill with the lid closed as much as possible, turning once, until the chicken feels firm when pressed, about 8 minutes. Transfer to a carving board and let cool for 3 minutes. Cut the chicken across the grain diagonally into slices about ½ in./12 mm thick.
5. Toss the greens, feta, blueberries, almonds, macadamia nuts, and pumpkin seeds together in a large bowl. Add the vinaigrette and toss again. Divide the salad among four dinner plates. Add equal amount of the sliced chicken and mango to each and serve.

TOASTING NUTS

Toasting nuts in the oven enhances their flavor. (Some cooks use a skillet, but this is not nearly as efficient as baking, and the nuts can burn in spots.) For a small amount of nuts, less than ½ cup/55 g, a toaster oven may be more effective than a standard oven. Preheat the oven to 350°F/180°C. Spread the nuts on a small baking sheet or toaster oven tray and bake, stirring occasionally, until the nuts are lightly toasted, 8–11 minutes. Nuts with high oil content, such as macadamias, will take the least amount of time.