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10-Minute Spice Seared Chicken and Arugula Salad

By Liz Barbour

Grilling spice rub
Boneless skinless chicken breasts
Canola oil
Organic baby arugula
Local heirloom tomatoes
Extra virgin olive oil
Kosher salt
Pepper

Slice chicken breast into ½ inch thin strips.
Season the strips well with grilling spice rub.
Heat 2 Tbs canola oil and pan sear the chicken
on both sides until cooked through. Serve on a
bed of organic baby arugula with sliced
tomatoes. Drizzle with extra virgin olive oil and
season with kosher salt and pepper.