

Chargrilled Herbed Vegetables and Chicken

This is a great backyard barbecue recipe that uses loads of fresh veggies from the garden.

Ingredients 3 T. balsamic vinegar juice of 1 large orange 4 T. olive oil, plus additional to drizzle 2 T. chopped mixed fresh herbs, such as rosemary, thyme and tarragon 2 zucchinis 1 eggplant 1 red pepper 2 red onions 3 boneless, skinless chicken breasts 16 cherry tomatoes 3/4 cup buffalo mozzarella, thinly sliced basil leaves, to garnish sea salt and freshly ground black pepper

Preparation

Combine the vinegar, orange juice, olive oil and chopped herbs in a large glass or ceramic bowl.

Thinly slice the zucchinis and eggplant lengthwise. Deseed and cut the red pepper into strips. Peel the red onions and cut into thick wedges. Cut the chicken breasts into thin strips and add to the olive-oil mix. Season and toss to coat.

Heat a large griddle pan over high heat. Using a slotted spoon, add the chicken and cook for six minutes until slightly charred and cooked. Transfer to a platter and keep warm.

Add all the vegetables to the olive-oil mix along with the cherry tomatoes. Season and toss to coat.

Wipe the pan with paper towels and return to a high heat. Using a slotted spoon, add the vegetables in batches, cooking each batch for three to four minutes until lightly charred and softened. Toss with the chicken.

Divide the chicken, vegetables and mozzarella between four plates. Drizzle with olive oil, garnish with basil and serve immediately.

Yields 4 servings.

Recipe from foodanddrinkphotos.com.