**Char-grilled chicken chimichurri salad**

Serves 2

* 2 small chicken breasts
* 1tsp dried oregano
* 1 tsp dried chilli flakes
* 2tsp olive oil

**Salad**

* 1tbsp extra-virgin olive oil
* 1 ½ tbsp red wine vinegar
* ½ red onion, finely diced
* ½ clove garlic, crushed
* 2 handfuls rocket
* small bunch coriander, leaves picked
* small bunch flat-leaf parsley, leaves picked

1. Lay the two chicken breasts between cling film and bash until they are 1cm thick.
2. Put in a bowl with the oregano, chilli flakes, some seasoning and 2 tsp olive oil.
3. Whisk 1 tbsp extra-virgin olive oil and the red wine vinegar together with some seasoning in a bowl and add the red onion and garlic.
4. Heat a griddle pan to high and fry the chicken pieces for 3-4 minutes on each side until char grilled and cooked through.
5. Rest on a plate for 2 minutes before slicing.
6. Add the rocket, coriander and parsley leaves to the dressing and toss well.
7. Pile onto plates and top with the sliced chicken and any resting juices.