

Charred Pepper & Chicken Salad (Low FODMAP)

Tender seared chicken meets smoky charred peppers in this vibrant, gut-friendly salad that's ready in 30 minutes—perfect for busy weeknights.

Prep: 10 min

Cook: 20 min

Total: 30 min

Servings: 2

Low FODMAP ✓

Ingredients

about 250g total, boneless, skinless, halved horizontally to make 4 thin pieces small chicken breasts

calorie-controlled or regular olive oil spray cooking oil spray

1 medium pepper, deseeded and cut into 3cm chunks (75g per serving) red bell pepper

leaves separated and washed Little Gem lettuce

tough stalks removed watercress

halved (75g per serving, within safe FODMAP limits) cherry tomatoes

sliced into half-moons (50g per serving) cucumber

1 tsp per serving balsamic vinegar

juice only, about 2 tablespoons fresh lemon

sea salt

freshly ground black pepper

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Instructions

Step 1: Prepare and season the chicken

(3 min)

Pat the chicken breast halves dry with paper towels, then season both sides generously with sea salt and freshly ground black pepper. This ensures the seasoning adheres well and creates a flavorful crust when searing.

Step 2: Sear the chicken

(7 min)

Heat a large non-stick frying pan over high heat and spray lightly with cooking oil. Once the pan is hot and shimmering, add the chicken pieces in a single layer. Cook without moving for 3 minutes until a golden-brown crust forms on the bottom. Flip each piece and cook for another 3 minutes on the second side, or until the chicken is cooked through and reaches an internal temperature of 75°C (165°F). Transfer the chicken to a clean plate and set aside to rest.

Step 3: Char the peppers

(7 min)

Spray the same pan with a little more oil and return it to high heat. Add the bell pepper chunks in a single layer and let them cook undisturbed for 3 minutes until charred and blistered on the bottom. Flip the pieces and cook for another 3 minutes until the peppers are lightly charred all over and beginning to soften but still retain some bite. Remove from heat.

Step 4: Assemble the salad base

(5 min)

Divide the Little Gem lettuce leaves between two serving plates, arranging them as a base. Scatter the watercress evenly over the lettuce, then distribute the tomato halves and cucumber slices across both plates. Top with the warm charred peppers, spreading them out for visual appeal.

Step 5: Slice and serve

(8 min)

Slice each rested chicken piece on the diagonal into 1cm thick strips. Arrange the sliced chicken over the top of each salad, fanning it out attractively. Drizzle 1 teaspoon of balsamic vinegar over each plate, then squeeze the fresh lemon juice evenly across the salads. Finish with a final grind of black pepper and serve immediately while the chicken and peppers are still warm, or allow to cool and refrigerate for up to 24 hours for a cold salad option.