

A close-up photograph of cucumber chicken sliders. The sliders are served on a wooden surface. Each slider consists of a cucumber slice topped with a piece of grilled chicken, a slice of red bell pepper, a slice of yellow bell pepper, a slice of red onion, and a garnish of white bean sprouts. A green apple is skewered on a wooden stick and placed on top of the sliders. The background is blurred, showing more sliders and a white surface.

## **CUCUMBER CHICKEN SLIDERS**

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**Prep time:** 10 Minutes

**Cook time:** 15 Minutes

**Servings:** 3 People

## INGREDIENTS:

**1** Long English Cucumber

**1** Red Bell Pepper

**1** Orange Bell Pepper

**3** Snacking Tomatoes

**1 6-8oz** Chicken Breast

**1** red onion

**1 tbsp.** olive oil

**2 tbsp.** white balsamic vinegar

**¼ cup** curly leaf parsley

Broccoli sprouts or pea shoots to garnish

Sea Salt & pepper to taste

## CHEF'S TIP:

To make this meal vegetarian, substitute the chicken for mushrooms!

## DIRECTIONS:

Peel & thinly slice red onion. Place in small mixing bowl. Wash/core Bell Peppers and add Bell Peppers to the bowl containing the onions. Add vegetable oil, vinegar, and parsley to the bowl and season with salt & pepper. Mix well and allow to sit for 10 minutes.

Season the chicken breast with salt & pepper. Grill for 6 – 8 minutes per side and allow to rest. Thinly slice the chicken, once it is cool. Wash the Cucumber & slice into 12 pieces.

Top one slice of Cucumber with chicken, marinated Bell Peppers, and the onion mixture. Top with second slice of Cucumber and garnish with sprouts.

Slide Snacking Tomatoes into toothpicks and skew toothpicks through slider to hold it in place.