

Perfect summer pairing from the Trius Restaurant kitchen.



## GRILLED CHICKEN, TOMATO AND ARUGULA SALAD

Makes 4 servings

### CHICKEN

- 4 chicken breasts, butterflied
- 200 g arugula
- 20 basil leaves
- 20 caper berries
- 40 g black olives, cut in half
- 50 g Parmesan shavings
- 20 ml balsamic vinegar

### MARINADE

- 400 ml olive oil
- 2 tbsp rosemary, chopped
- 2 tbsp thyme, chopped
- 12 basil leaves, scrunched
- 3 garlic cloves, finely chopped
- 1 tsp salt
- 1 pinch black pepper
- 2 lemons, juice and zest only

### PLUM TOMATOES

- 8 plum tomatoes cut into quarters
- 4 garlic cloves, finely sliced
- 1 tsp thyme, chopped
- 150 ml olive oil
- 1 tsp sea salt
- 1 tsp pepper
- 8 g icing sugar

Preheat oven to 280°F. Mix all the ingredients for the marinade in a bowl. Remove 30 ml to add to the salad dressing at the end.

Take the butterflied chicken breasts and put each one in a large zip-lock bag. Use a meat hammer to lightly bash each breast so they flatten out slightly. *Trius Tip:* No meat hammer? Use a small pot or rolling pin.

Add the chicken breasts to the marinade and marinate for 3-4 hours or overnight. Place the quartered plum tomatoes in a bowl, add in all the ingredients and mix together. Place on a baking tray and cook in oven for 1-2 hours. Once the tomatoes are ready, remove from oven.

Heat BBQ to high heat, remove excess marinade from chicken breasts. Grill for 6-8 minutes on each side.

Lay the breasts of chicken onto plates. Top with tomatoes. Toss the arugula and basil in the marinade that was separated and then layer on top. Finish with the caper berries, black olives and Parmesan shavings.

## TRIOUS SAUVIGNON BLANC 2016

\$15.00/BOTTLE  
LCB0# 221804

- GRAPE VARIETY:** Sauvignon Blanc
- APPELLATION:** VQA Niagara Peninsula
- STYLE:** Light-bodied and fresh
- ALCOHOL:** 13.1%

**FLAVOUR PROFILE:** Clear and bright with a fresh clean aroma of gooseberry, grapefruit, star fruit, pear and lemongrass. Refreshing flavours of citrus, green apple and fresh herbs dance on the palate. Refreshing notes of grapefruit and gooseberry linger on the finish.

**WINEMAKER'S NOTES:** To produce a Sauvignon Blanc with the perfect balance of freshness, depth and body, Trius Winemaker Craig McDonald cool fermented 90% of the juice and aged it in stainless steel. The remaining 10% of the juice was fermented in French oak barrels.

**BEST SERVED:** Serve at a cool 10 to 12°C. Enjoy while young and fresh.



FRANK DODD, EXECUTIVE CHEF  
AT TRIUS WINERY RESTAURANT IN  
NIAGARA-ON-THE-LAKE, focuses on the finest regional and seasonal ingredients that enhance the wines from Trius Winemaker Craig McDonald.

everyday iconic *Trius*  
triuswines.com