

CAJUN CHICKEN SALAD

Serves 4

INGREDIENTS

- chicken breasts x 4
- smoked paprika x 2 tsp
- ground coriander x 2 tsp
- ground cumin x 2 tsp
- dried oregano x 2 tsp
- cayenne pepper x 1 tsp
- baby salad leaves x 300g, wash
- spring onions x 4, slice
- cucumber, peel and cut into half moon shapes
- avocado x 2
- fresh mint x 20g
- fresh parsley x20g
- natural yogurt x 50g
- black nigella seeds
- olive oil
- sea salt
- black pepper

METHOD

- pre-heat the oven at 180°C
- prepare the ingredients (see above)
- add the smoked paprika, ground coriander, ground cumin, dried oregano, cayenne pepper, a pinch of salt and some black pepper into a bowl and mix well
- add the chicken breasts to the bowl and cover both sides in the spice mix
- heat butter/oil over a medium heat in a frying pan
- add each chicken breast to the pan and cook for 2 minutes on each side
- put the chicken breasts on to a baking tray and cook for 10-15 minutes in the oven
- once cooked, set aside
- for the dressing, add the fresh mint, parsley and natural yogurt to a magimix and blitz
- season with sea salt and black pepper
- put the salad leaves, spring onions, cucumber and avocado into a large mixing bowl
- thinly slice the chicken breasts, add to the mixing bowl, drizzle with olive oil and mix well
- transfer the salad from the mixing bowl to a large salad bowl
- spoon the dressing over the top
- sprinkle with black nigella seeds