

# CAJUN CHICKEN AND CORN SALAD

Serves 4



## Ingredients

- 1 t (5 ml) ground cumin
- 1 t (5 ml) ground coriander
- 1 t (5 ml) paprika
- 1 t (5 ml) salt
- Freshly ground black pepper
- 1 t (5 ml) dried oregano or
- 1 T (15 ml) fresh oregano
- 1 T (15 ml) extra virgin olive oil or avocado oil
- 4 medium sized chicken breasts, thinly sliced
- Mixed lettuce
- 2 cups (2 tin or 4 cobs) mealies or corn kernels, frozen or tinned
- 16 fresh asparagus, steamed
- 1 cup (250 ml) broccoli, steamed
- 300 g cherry tomatoes, halved
- 4 T (60 ml, ¼ cup) fresh parsley, chopped
- 1 cup (250 ml) plain yogurt
- 1 clove fresh garlic, crushed
- 1 T (15 ml) lemon juice
- 1 - 2 T (15 - 30 ml) warm water
- Salt and pepper to taste



## Preparation

1. Mix all the spices and oregano and sprinkle over the chicken strips. Stir well that all the pieces are coated.
2. Heat the oil in a frying pan and fry the chicken strips over medium heat until cooked.
3. Prepare the salad ingredients by layering it in a salad bowl or glass jar.
4. Start with the lettuce, then the corn. Followed with the asparagus, broccoli and tomatoes on top. Finish off with the chicken strips.
5. Mix the ingredients for the dressing (vinaigrette) and pour into a container to be served on the side. If you put this salad into a glass jar, pour the dressing on top before closing the lid.

## Dietitian's notes:

- When fresh asparagus is not available use tinned asparagus or replace the asparagus with fresh green beans.
- If the Cajun spices are too strong rather prepare lemon and herb chicken (2 T (30 ml) lemon juice + 1 T (15 ml) dried mixed herbs) and enjoy it with the corn salad.
- The chicken pieces can also be baked in the oven at 180C for