

Chicken salad



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Serves: 2

Preparation time: 10 minutes

Cook time: 30 minutes



Ingredients

- 1 tbsp extra virgin olive oil
- 4 baby red potatoes, halved
- 2 x 100 g chicken breasts
- 1 tsp Cajun spice
- 1 bunch asparagus, steamed
- 2 cups rocket leaves
- 1 orange, segmented
- 30 g slivered almonds, roasted
- 1 tbsp extra virgin olive oil
- ½ tbsp balsamic vinegar
- ½ lemon, juiced
- Cracked pepper

Method

1. Pre-heat oven to 180 °C.
2. In a bowl place potatoes, 1 tsp oil and pepper. Combine and then place potatoes on an oven tray. Bake for 30 minutes or until golden.
3. Meanwhile sprinkle Cajun spice over both sides of chicken breast.
4. Heat oil in a pan over medium heat. Cook the chicken for 5 minutes until golden, turn the chicken and cook on the other side for a further 5 minutes or until cooked through.
5. Place rocket, orange and almonds into a bowl.
6. Combine balsamic vinegar, oil and cracked pepper. Drizzle over salad and asparagus as desired.



Alternatives

- swap chicken for fish
- swap red potatoes for sweet potato
- swap orange for pear
- swap asparagus for broccolini.