



Southern Cajun Chicken Salad

Ingredients (Serves 10)

10 x 140g chicken breast (marinated in: 45ml olive oil with 60g Cajun spice mix & 20g curry powder for at least 4 hours or overnight)

700g cooked **brown** rice

350g tinned sweetcorn

280g red pepper, diced

280g green pepper, diced

280g garden peas, cooked

280g baby gem / cos lettuce

140ml low fat natural yoghurt mixed with 30g smoked paprika powder

50g coriander, shredded

Coriander, to garnish

Milled sea salt / freshly milled black pepper

Method

1. Cook the chicken breast in the normal manner, ensuring that the breast is moist and juicy. Leave to cool.
2. Mix the sweetcorn, red and green peppers, peas and coriander into the rice. Season to taste.
3. Slice the chicken into (approximately) equally sized slices. Use 5 slices per salad portion.
4. Place the lettuce into the bottom of the salad bowl, spoon the rice over the lettuce then carefully place the chicken slices on top.
5. Dress with the yoghurt and paprika dressing and garnish.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 400g Serving	% RNI	
Energy kJ	516	6%	2063	24%	
Energy kcal	123	6%	490	24%	
Fat	4.1g	5%	4.1g	20%	Med
Saturates	1.2g	3%	2.6g	13%	Low
Total Sugars	2.7g	1%	6.6g	7%	Low
Salt	0.20g	3%	0.90g	15%	Low
Protein	13.2g	-	52.6g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: Milk, Mustard, Celery