



# Cajun Chicken and Avocado Salad

SERVES 4

## INGREDIENTS

4 x 120g chicken breast, skin and bones removed (females)  
4 x 220g chicken breast, skin and bones removed (males)

## CAJUN SEASONING

1 tablespoon dried basil  
1 tablespoon paprika  
1 teaspoon dried garlic powder  
2 teaspoons cayenne pepper  
½ teaspoon dried oregano  
½ teaspoon dried parsley  
½ teaspoon dried thyme

## AVOCADO SALAD

1 cup baby rocket  
1 cup watercress  
1 punnet cherry tomatoes, halved  
2 shallots, thinly sliced  
100g snow peas, blanched and halved  
100g button mushrooms, thinly sliced  
1 avocado, stone removed, cubed  
French or Italian dressing ([see recipes](#))

## METHOD

1. Mix all ingredients for Cajun seasoning in a small bowl until combined. Rub the seasoning over each of the pieces of chicken breast until well coated.
2. Cook chicken in a large lightly oiled frying pan until cooked through. Slice the chicken into 1-2 cm thick slices and serve over the avocado salad.

## TO MAKE SALAD

Combine all ingredients in a large bowl and toss. Top with 1 tablespoon of French or Italian dressing.

