



**READY TO COOK**  
BY HARRIS FARM

# CHICKEN MEXICANA SALAD WITH CHIPOTLE DRESSING



PREP  
**15 min**



COOK  
**10 min**



SERVES  
**4**

## INGREDIENTS:

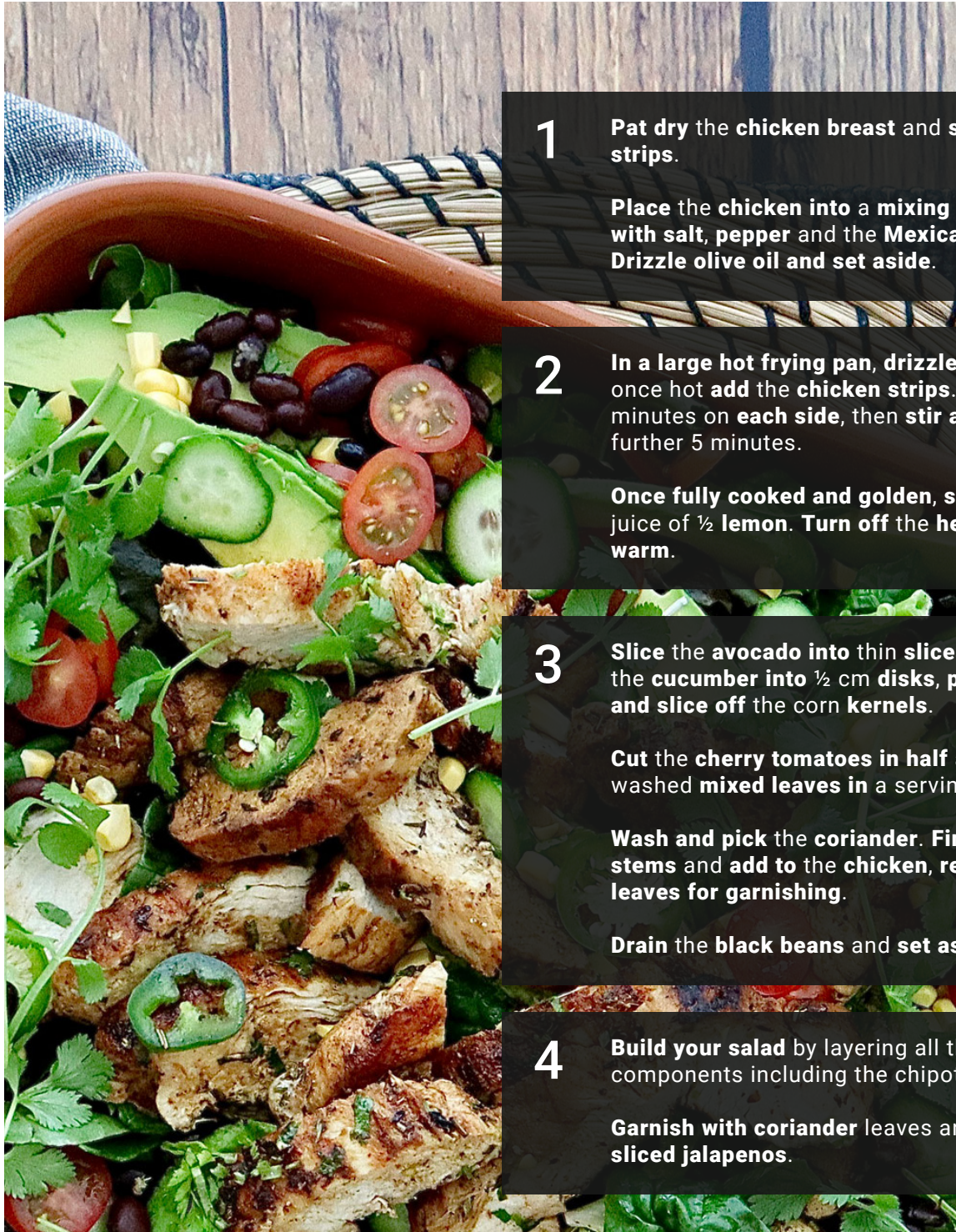
- > 500g Chicken Breast
- > 400g Black Beans
- > 4 Tbsp Harris Farm Chipotle Mayonnaise Dressing
- > 1 Tbsp Mexican Spice Mix
- > 1 Avocado
- > 1 Corn
- > 1 Lebanese Cucumber
- > 250g Cherry Tomatoes
- > 120g Mixed Salad Leaves
- > ½ Coriander Bunch
- > 1 Lemon
- > 1 Jalapeno

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil



# METHOD – GET COOKING!



**1** Pat dry the **chicken breast** and **slice into thin strips**.

Place the **chicken** into a **mixing bowl**, **season with salt, pepper** and the **Mexican spice mix**. **Drizzle olive oil** and **set aside**.

**2** In a **large hot frying pan**, **drizzle olive oil** and once hot **add the chicken strips**. **Sear for 3 minutes on each side**, then **stir and cook** for a further 5 minutes.

**Once fully cooked and golden**, **squeeze the juice of ½ lemon**. **Turn off the heat** and **keep warm**.

**3** **Slice the avocado into thin slices**, then **slice the cucumber into ½ cm disks**, **peel the corn** and **slice off the corn kernels**.

**Cut the cherry tomatoes in half** and **place the washed mixed leaves** in a **serving bowl**.

**Wash and pick the coriander**. **Finely chop the stems** and **add to the chicken**, **reserve the leaves for garnishing**.

**Drain the black beans** and **set aside**.

**4** **Build your salad** by **layering all the components** including the **chipotle dressing**.

**Garnish with coriander leaves** and **freshly sliced jalapenos**.

## CHEF'S TIPS FOR COOKING AND LEFTOVERS...

- Do not overcrowd the pan while cooking the chicken to avoid it steaming away. It's better if cooking it in 2 batches.
- Use leftover chipotle mayo on fries, on steaks or in another delicious salad.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
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