



Cajun Chicken and Avocado Salad

Serves 4 | 398 calories per serve

INGREDIENTS:

- 4 x 160g chicken breast pieces

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 or spinach
- 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
- Fat-free French or Italian dressing

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 THE SALAD:

1. Combine all ingredients in a large bowl and toss.
2. Top with Fat-free French or Italian dressing.

NUTRITIONAL INFORMATION

(per serve*)

Calories:	398 cal
Kilojoules:	1662kJ
Protein:	38.1g
Fat Total:	22.8g
Fat Saturated:	5.7g
Cholesterol:	106mg
Carbohydrates:	7.8g
Dietary Fibre:	3.8g
Sodium:	333mg

*This recipe has 4 serves.

TIP

We need some healthy fats each day. Avocado is a good source of monounsaturated fat and is rich in numerous vitamins and minerals.