

cajun chicken and corn salad

Serves 4

LA

TC

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HPD

1 t (5 ml) ground cumin
1 t (5 ml) ground coriander
1 t (5 ml) paprika
1 t (5 ml) salt
freshly ground black pepper
1 T (15 ml) fresh oreganum or 1 t (5 ml) dried oreganum
4 medium sized chicken breasts, thinly sliced
1 T (15 ml) extra virgin olive oil or avocado oil

mixed lettuce leaves
2 cups (1 ½ x 400 g tin or 4 cobs) mealies or corn kernels, frozen or tinned
16 fresh asparagus spears, steamed
1 cup (250 ml) broccoli, steamed
300 g cherry tomatoes, halved or chopped
4 T (60 ml) fresh parsley, chopped

dressing

1 cup (250 ml) plain yogurt
1 clove fresh garlic, crushed
1 T (15 ml) lemon juice
1 – 2 T (15 – 30 ml) warm water
Salt and pepper to taste

1. Mix the spices, seasoning and oreganum, and sprinkle over the chicken strips. Stir well to coat.
2. Heat the oil in a frying pan and fry the chicken over medium heat until cooked.
3. Mix the ingredients for the dressing and pour into glass containers or bowls
4. Layer the salad ingredients over the dressing. Start with the lettuce, then the corn, followed by the rest. Top with chicken strips.

Dietitian's notes:

- *If fresh asparagus is not available, use tinned asparagus or replace the asparagus with fresh cooked green beans.*
- *If the Cajun spices are too strong, make lemon-and herb-chicken (2 T (30 ml) lemon juice + 1 T (15 ml) dried mixed herbs).*
- *Make the dressing with cream cheese instead if yoghurt to increase the calories.*
- *The chicken pieces can also be baked in the oven at 180 °C for 15 – 20 minutes.*

Keys:

LA

TC

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Suitable for: loss of appetite, taste changes, constipation

HPD

Diet: High protein diet