



# MEXICAN CHICKEN SALAD

WITH HONEY LIME DRESSING

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 30 minutes

This Mexican chicken salad is a great summery lunch or dinner. It's fresh and flavoursome thanks to plenty of veggies and a honey lime dressing - no sour cream or cheese in this one!



## DRESSING

- 3 Tbsp olive oil
- 2 Tbsp lime juice
- 1 Tbsp honey
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin

## CHICKEN

- 2 tsp garlic powder
- 2 tsp ground cumin
- 2 tsp paprika
- 1 Tbsp olive oil
- 600g boneless, skinless chicken breasts (1lb 5oz)

## SALAD

- 1 ear corn
- 250g microwave pouch brown rice (8.8oz)
- 100g salad greens (3.5oz)
- 1 large avocado
- 1/2 red onion
- 1 red chilli *optional*
- 2 large handfuls fresh coriander *optional*
- 400g can black beans in spring water (14oz)
- 1/2 cup sundried tomato strips (75g)

## 1. MAKE DRESSING

Place oil, lime juice, honey, garlic powder and cumin in a jar and shake until well combined. Season to taste with salt and pepper.

## 2. COOK CHICKEN

Combine garlic powder, cumin and paprika in a small bowl. Cut chicken in half horizontally to form thinner steaks. Coat chicken in oil and spices.

3. Heat a large chargrill pan or frying pan (or barbecue plate) on medium-high. Cook chicken for 5 minutes each side, until golden brown and cooked through (you may need to do this in batches). Transfer to a board, cover with foil and leave to rest for 5 minutes.

## 4. MAKE SALAD

While chicken cooks, microwave corn in the husk for 4 minutes. Microwave rice according to instructions on the packet.

5. Roughly chop salad greens and place in a large salad bowl. Dice avocado, finely dice red onion, thinly slice chilli (remove seeds) and roughly chop coriander, if using. Add to salad bowl. Drain beans and rinse under cold water. Add these and the tomatoes to the salad.

6. Carefully run a knife down the sides of the corn to remove the kernels. Add corn and rice to salad. Drizzle all over with dressing and toss to combine.

## 7. SERVE

Slice chicken into small strips. Divide salad between individual serving bowls and arrange chicken on top.



**WINE MATCH:** A Sauvignon Blanc.

## **MEXICAN CHICKEN SALAD RECIPE NOTES**

**GLUTEN-FREE OPTION:** This meal is naturally gluten-free.

**INGREDIENT SWAPS / NOTES:** You could use chicken tenderloins instead of chicken breast if you prefer. I used oil-free sundried tomato strips. You can substitute for 150g / 5.3oz fresh cherry tomatoes (halved).

**STORING AND REHEATING:** Store individual portions in containers in the fridge and eat as a cold salad. Alternatively, store the chicken and rice separately and reheat in the microwave before adding to the salad. Salad will taste fresher if dressing is added just before serving.