



# CORN CHIP CHICKEN SALAD

WITH TANGY LIME DRESSING

DIFFICULTY: Easy | SERVES: 4 | READY IN: 40 minutes

Chicken tenderloins are coated with crushed tortilla chips, then panfried to golden perfection in this Mexican-style corn chip chicken salad. Drizzle with a zesty cumin and lime dressing.



## CHICKEN

- 1/3 cup plain flour (50g)
- 2 eggs
- 200g corn chips (try salsa flavoured) (7oz)
- 600g chicken tenderloins (1lb 5oz)
- 3 Tbsp rice bran oil

- 300g can whole corn kernels (10.6oz)
- 1 cup grated Colby or cheddar cheese (100g) *optional*

## DRESSING

- 2 Tbsp lime juice
- 2 Tbsp olive oil
- 1/2 Tbsp brown sugar
- 1 tsp Dijon mustard
- 1/2 tsp ground cumin

## SALAD

- 200g cos or romaine lettuce (7oz)
- 2 large handfuls fresh coriander *optional*
- 1 avocado
- 1 large tomato
- 1 small red onion
- 400g can red kidney beans (14oz)

## TO SERVE

- 1/3 cup lite sour cream (80ml)
- 1 lime, cut into wedges *optional*

## 1. PREPARE CHICKEN

Place flour on a medium-large plate. Use a fork to whisk eggs together in a bowl. Crush corn chips into small crumbs (use a food processor or place in a resealable bag and bash with a rolling pin).

2. Season chicken with salt and pepper. Dip chicken pieces into flour, the egg, then corn chips to coat all over. Place on a clean plate.

3. Preheat oven to 100°C (210°F) fan bake. Heat 2 tablespoons oil in a large frying pan on medium to medium-high. Pan fry chicken in batches for 4 minutes each side, until cooked through. Place on a rack set over an oven tray and keep warm in oven while you cook the remaining chicken. Add more oil to pan as needed.

## 4. MAKE SALAD AND DRESSING

While chicken cooks, shred lettuce and roughly chop coriander. Dice avocado and tomato and finely dice onion. Rinse kidney beans and corn with cold water and drain well. Divide salad ingredients (including cheese, if using) between individual serving plates.

5. Place all dressing ingredients in a medium jar and shake well to combine. Season with salt and pepper to taste. Drizzle over salad.

## 6. SERVE

Add chicken to plates with salad. Serve with a generous dollop of sour cream and a wedge of lime.



**WINE MATCH:** Go for a dry Riesling.

## **CORN CHIP CHICKEN SALAD RECIPE NOTES**

**GLUTEN-FREE OPTION:** Use plain gluten-free flour. Choose gluten-free corn chips.

**INGREDIENT SWAPS / NOTES:** Chicken tenderloins can be swapped for boneless, skinless chicken thighs (cut them into strips like tenderloins). You can use bottled lime juice and omit the lime wedges if you prefer.

**STORING AND REHEATING:** Store chicken, salad and dressing separately. Chicken is best reheated in a frying pan (with a little oil) or in the oven (so that the coating is crispy). Dress salad and add sour cream and lime just before serving.