

# Cajun Chicken and Bean Salad

This wholesome cajun chicken salad is packed with protein!

Cals 564 • Prot 63 • Carbs 55 • Fat 10

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🕒 cook: 20 min

R2737



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Cajun spice	4	4	4	Grams
Smoked paprika powder	2	4	4	Grams
Salt	0.5	1	1	Tsp
Vegetable oil	1	2	2	Tbsp
Salad				
Red kidney beans	240	240	480	Grams
Sweet corn kernels	122	244	244	Grams
Cucumber	2	3	4	Piece
Red pepper	1	2	2	Piece
Spring onion	40	60	80	Grams
Fresh coriander	15	15	30	Grams
Dressing				
Lime	2	3	4	Piece
Brown sugar	5	5	10	Grams
Olive oil	1	2	2	Tbsp
Soy sauce 9*, 10*, 11*	10	15	20	ML
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
To serve				
Sour cream 4*	60	90	120	Grams

Allergens

\*9 Soya, \*10 Wheat, \*11 Gluten, \*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2360 / 564
Fat (g)	9.8
of which saturates (g)	4.3
Carbohydrate (g)	55
of which sugars (g)	15.1
Fiber (g)	14.1
Protein (g)	62.6
Salt (g)	1.7

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep chicken

Slice the **chicken** into goujons. Add the **cajun spice (spicy!)**, **smoked paprika** and **salt** to a plate. Turn the **chicken** in the **cajun spice** until fully coated.



2 Fry chicken

Heat a non-stick pan over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **chicken** goujons and cook for 4-5 min on each side until cooked through.



3 Prep dressing

Meanwhile, juice the **limes** into a bowl or jar. Add the **brown sugar**, **olive oil**, **soy sauce**, **salt** and **pepper** and whisk or shake until fully combined - this is your **dressing**.



4 Prep vegetables

Drain and rinse the **red kidney beans** and **sweet corn kernels**. Finely chop the **cucumber** and **red pepper**. Trim and finely chop the **spring onion**. Roughly chop the **coriander**.



5 Toss and serve

Toss the **beans**, **sweet corn**, **cucumber**, **pepper**, **coriander** and **spring onion** in the **dressing**.



6 Serve

Serve the **chicken** goujons over the **bean salad** with a dollop of **sour cream** on the side.