

Mexican Chicken Salad

Ingredients

100g chicken*
Mexican style seasoning*
Salad greens of your choice
Cherry Tomatoes
1/4 Avocado
1 - 2 tablespoons corn kernels
1/3 cup beans*
Onions / Shallots

- * I use fresh chicken and marinate it in a little olive oil and the mexican seasoning. You could cook up a larger batch and use in salads / wraps for lunches throughout the week. To save time buy a BBQ chook, shred it and then give your serve a quick sprinkle with the seasoning.
- * I am using a Chipotle seasoning at the moment. You can buy Mexican seasoning from the herbs / spice section at the supermarket. Another favourite is Old El Paso Fajita seasoning.
- * I use either Mexe beans, pinto beans or kidney beans.

Throw it all together and enjoy!

The salad doesn't really need a dressing with all the flavours from the seasoning. If you really need something try a few little dollops of salsa. Add a sprinkle of cheese if you like.

A quick, easy and delicious salad that only takes a few minutes to throw together for a healthy option for lunch .. or dinner.

