



RADISH & CHICORY CAESAR SALAD WITH CAJUN CHICKEN

Categoria: Main Courses **Tempo di preparazione:** 10 minutes **Difficoltà:** molto facile



Ingredienti per 4

- 1 tbsp olive oil
- 2 tbsp Cajun seasoning
- 3 chicken breast fillets, halved horizontally (600g)
- 1 round lettuce, torn (200g)
- 2 heads red chicory, sliced (140g)
- 200g radishes, trimmed and sliced
- 4 tbsp Caesar dressing
- 50g croutons

Preparation time: **10 minutes**

Cooking time: **15 minutes**

Serves: **4**

Method

Heat the oil in a large frying pan, sprinkle the Cajun seasoning over both sides of the chicken and fry for 10-15 minutes, turning occasionally until golden and cooked throughout.

Meanwhile, place the lettuce, chicory and radishes in a large bowl and toss in 2 tbsp dressing, divide between 4 plates.

Slice the chicken and place on top of the salad with the croutons, drizzle over the remaining dressing to serve.

Cooks tip: Swop the chicken for salmon fillets.

