

Cajun chicken salad, corn and jalapeno salsa, fried onion petals |

Recipe for 4 servings

Description

A meal salad with a southern U.S. flavor, a hybrid of Mexican and Texan cuisine.

Note

This salsa recipe can be used as an accompaniment to Mexican dishes, and will keep for 4-5 days in the refrigerator.

Ingredients

For the salsa

- 0.50 Unit(s) Jalapeno pepper
- 30 Ml Olive oil
- 0.50 Tsp Cumin powder
- 0.50 Tsp Ground coriander
- 0.50 Tsp Paprika
- 100 Gr Frozen corn
- 100 Gr Red onion
- 1 Unit(s) Lime juice
- 3 Gr Sugar
- 15 Gr Tomato paste
- 4 Sprig(s) Fresh cilantro
- 200 Gr Italian tomatoes

- Salt and pepper
- Olive oil

Chicken

- 400 Gr Chicken breast
- 1 Tsp Cajun spices

- Salt and pepper
- Olive oil

Toppings

- 1 Unit(s) Onion
- 2 Tbsp Flour
- 1 Unit(s) Romaine salad

- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **deep fryer** at **375 F°**

Set up

Core and chop the jalapeno pepper.

Peel and dice the red onion.

Squeeze your lime juice.

Prune (plunge into boiling water for 2 minutes to remove skin), seed and crush Italian tomatoes.

Finely chop the coriander.

Cut chicken into cubes.

Thinly slice the onion. Dredge the slices in flour, removing any excess, then deep-fry in your deep-fat fryer until golden-brown.

For the salsa

In a hot pan with oil, sauté the corn, red bell pepper, red onion, cumin, paprika and coriander powder over high heat.

Off the heat, add the lime juice, tomato paste, sugar and crushed tomatoes, season, then add the fresh coriander. Keep the salsa in a cool place.

Chicken

In a frying pan, cook the chicken with a drizzle of olive oil and the Cajun spices. Make sure it's cooked through, then let the chicken cool slightly before serving.

On the plate

Start by dividing the lettuce at the bottom of your plates, then arrange the chicken cubes on top. Top with the salsa and finish with the fried onion petals.

Bon appétit!