

## **Super Salads – Cajun Chicken and Strawberry**



The recipe is for one so adjust the recipe for every extra person

- One chicken breast
- 1 ½ teaspoons of Cajun chicken spice mix (see separate recipe)
- 4 strawberries, chopped in half
- Large handful spinach
- Tablespoon flaked almonds plus a few extra for dressing
- Balsamic vinegar or balsamic glaze
- 1 tablespoon grated, smoked cheese

Preheat oven to 190°C or fire up a George Foreman type grill.

Rub the spice mix all over the chicken breast and place in a baking tray, drizzle with oil, cover with foil and pop into the oven for 20 minutes or place on the ‘ Foreman.

Meanwhile, prepare the rest of your salad. In a bowl, mix together the spinach, strawberries, almonds and cheese.

Transfer this to a plate. Check your chicken is cooked. Cut it in half to make sure it is not pink in the middle! Depending on the size, it may need a little longer.

Once cooked, Slice up the chicken and lay on top of the spinach and strawberry mix, drizzle with balsamic and a few more almonds.

**DONE!!**