

Cajun Chicken Slaw

Coleslaw is the perfect salad to get a variety of veg into your meals so it's packed full of fibre and nutrients. The tahini dressing is a great alternative to mayonnaise, adding some healthy fats and flavour.

Ingredients

A mixture of any of the following finely sliced: red cabbage, green cabbage, fennel, red onion, peppers e.g. half a red cabbage, 1 red pepper, 1 red onion, fennel bulb.

2 chicken breasts (cut into strips)

A handful of chopped fresh herbs e.g. parsley, coriander and salad leaves

For the Cajun chicken seasoning: 1 tbsp smoked paprika, 1 tbsp ground coriander, 1 tbsp oregano, ½ tbsp thyme, 1- ½ tsp cayenne pepper (depending on how hot you like it), 1 tsp salt.

For the dressing: 1 tbsp tahini, 1 tbsp EV olive oil, juice of half a lime or lemon, 1-2 tbsp water (depends how thick you like it), 1 tsp honey, 1 tsp Dijon mustard, seasoning

Method

*Finely slice your chosen vegetables either by hand or in the food processor and then place in a large bowl.

*Make the Cajun seasoning by mixing the herbs and spices together (this will make more than you need, store the excess in a jar for use later).

*Coat the chicken in the Cajun seasoning (approx. 1-2 tbsp). and then set aside.

*Make the dressing by combining all the ingredients either by hand in a jar/glass, mixing vigorously or in a mini blender if you have one. Mix the dressing with the coleslaw and set aside.

*Pan fry the chicken in a drizzle of olive oil, until it is cooked through (it's good to make a batch of this to use in meals for the next few days).

*Once the chicken is ready, assemble onto a plate or in a bowl with the coleslaw, adding some fresh coriander, spinach leaves or rocket,

Recipe notes

You can use any veg, in any ratio or amount. It also keeps in the fridge for a few days so making larger batch can be useful.

Swap the chicken with halloumi for a vegetarian version or with roasted sweet potato for dairy free.



Serves : 2
Prep: 20 mins
Cook: 15 mins



Nutrition per serving:
Cals: 376
Protein: 36g
Carbs: 12g
Fat: 18g
Fibre: 5g