**Delicious warm Cajun chicken and avo salad with basil mayo dressing**

*\_4 people\_*

*Yummy, tasteful and sooo easy to make!*

**Ingredients:**

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| **For the chicken salad**  10ml Oil for cooking  400g chicken breast (cut into smaller pieces)  ½ teaspoon Cajun  ½ teaspoon paprika  Salt to taste  1 tablespoon chicken spice (optional)  1 onion cut into wedges  1 pack asparagus  2 avos  Handful rocket  2 rings feta  2 small radishes | **For the dressing**  20ml Extra virgin olive oil  2 tablespoons Mayonnaise of your choice (I use the tangy mayo from Woolies)  1 handful of fresh basil |

**Method:**

1. In a pan, heat oil and brown the onion. Add the chicken pieces as well as all the spices, stir fry for 8 to 10 minutes until soft, brown and cooked through. Add the asparagus, stir fry for 2 minutes and remove from heat.
2. Place the warm chicken and asparagus on a plate followed with rocket, avos (***tip***: use a teaspoon to scoop the avo out of the skin), feta and radishes.
3. To make the salad dressing: Place the extra virgin olive oil, mayo and basil in a bowl and blitz with a Blitzer until everything is mixed well and smooth. (tip: you will fall in love with this dressing, so make enough to use for other salads, tuna mayo etc. – seal in a jar and in the fridge you go!)