

## **Cajun chicken salad with caramelised garlic dressing**

Recipe created by Chef Dale Sniffen

Preparation time: 15 minutes

Cooking time: 10 minutes

### **Prep list**

500gm chicken of breast pat dry with kitchen paper

3 tbsp *Dale's Cajun chicken seasoning*

2 tbsp Olive oil

- 1. Rub Cajun spice mixture into the chicken**
- 2. Grill chicken on high heat until done about 5 to 7 minutes**
- 3. Baste chicken with olive oil while cooking the chicken**
- 4. Allow chicken to rest before slicing**

### **Salad mixture (toss well)**

300 gm mixed lettuce

½ cucumber and sliced

2 punnet grape tomato cut in half

150gm kalamatta olives

100gm sno-peas

½ cup Parmesan cheese shavings

### **Caramelised garlic dressing**

3 cloves crushed garlic

50gm caster sugar

1 tbsp water

3 tbsp Balsamic vinegar

4 tbsp extra virgin olive oil

In a heavy saucepan stir in garlic, sugar and water and slowly bring it to the boil. Reduce water to nothing and lightly caramelize the sugar and garlic. Remove pot from the stove and stir in vinegar (keep your face out of the fumes) Allow the acids to cool before whisking in olive oil this finalises the dressing.

### **Assemble the salad**

Thinly slice the cooled Cajun chicken, toss through the salad mixture then drizzle with the dressing.