

Earls Santa Fe Chicken Salad with Peanut Lime Dressing

INGREDIENTS

Serves 4-6

CAJUN CHICKEN:

4 half chicken breasts or two whole cut in half
1-2 tablespoons extra virgin olive oil
¼ cup Cajun spice mixture (store bought)

PEANUT LIME VINAIGRETTE:

3 tablespoons roasted or fresh peanuts
1 tablespoon garlic, minced
¼ teaspoon ground cumin
4 ½ tablespoons freshly squeezed lime juice, **divided**
1 tablespoon olive oil
1 teaspoon sherry vinegar
2 tablespoons chopped cilantro tightly packed
½ teaspoon Kosher salt
½ teaspoon freshly ground pepper
½ cup extra virgin olive oil

SALAD: You will need about 7-8 cups greens all together

1 head romaine chopped
14oz or 450 grams mixed greens
1 cup fresh dates, chopped into 1/4" pieces
Tortilla strips (1 cup or more) (located in produce section in Safeway)
1 cup frozen corn kernels, thawed
14 oz can (398 ml) or 1 ¾ cup black beans, well rinsed and well drained
1 avocado, sliced
½ cup feta cheese
1 lime ,cut into wedges
1/4 cup roasted peanuts, chopped

Approximately 1 cup peanut lime dressing

PREPARATION

CAJUN CHICKEN:

Rub chicken breasts all over with cajun spice liberally on both sides.

Heat a couple of tablespoons of the olive oil in a fry pan over medium-high heat. Place chicken in a pan and cook, flipping the chicken every 4 minutes to ensure all sides of chicken are cooked.

Insert a meat thermometer into the thickest part of the chicken and it will read 160 degrees celcius when cooked.

Set aside.

When meat has rested for 15 minutes, slice diagonally into 1/4" wide slices.

PEANUT LIME VINAIGRETTE:

In a food processor.

Puree the peanuts, garlic, cumin, 2 tablespoons lime juice, olive oil and sherry vinegar until smooth.

Then add cilantro, remaining lime juice and salt and pepper, process until the cilantro has incorporated into the dressing.

With the machine running, add olive oil in a slow stream to create an emulsion (so the oil does not separate).

Place in an airtight container and refrigerate for 5 days.

To assemble salad

You can either serve on a large platter family style or divide between individual plates.

Place lettuce in a large platter or bowl.

Toss with enough dressing to lightly coat.

Add corn, dates and black beans into lettuce, gently toss.

Top with feta cheese,avocado, chicken slices and tortilla strips.

Top with lime wedges.

Sprinkle with chopped peanuts.

Serve with the remaining dressing on the table so if someone wants more they can help themselves.