

OVERALL time: 30 mins

CHICKEN SALAD

Spice up your classic chicken salad with a hint of chili for the perfect balance of creamy, zesty, and subtly spicy flavors. This easy, protein-packed dish is great for sandwiches, wraps, or a light, refreshing meal on its own. Whether you like just a touch of heat or a little extra kick, this recipe is easily adjustable to suit your taste.

Metric

Number of servings : 2

ingredients

Main

- 2 Small chicken breasts
- 50 g Flour
- 10 ml **Cape Herb and Spice Chilli Crunch**
- 2 Eggs, whisked
- 250 ml Panko Breadcrumbs
- 1 L Mixed slaw & shredded lettuce
- 1 Mediterranean cucumber, sliced
- 1 Medium Avocado

For serving

- Sliced Chives

For dressing

- Sherry Vinegar
- Olive oil

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 15 mins

Slice chicken breasts almost in half horizontally to butterfly them, keeping the middle intact.

Between 2 pieces of baking paper, bash the chicken with a rolling pin or meat mallet to just less than 1cm thick all over.

Place the flour, eggs and panko in 3 bowls.

Season the flour with **Cape Herb & Spice Chilli Crunch**.

Dip the chicken in the flour, shaking off the excess.

Next, dip into the egg and then the panko.

Return to the egg once more and then a final panko layer, pressing firmly to coat.

Preheat air fryer on 180°C.

Spray the air fryer basket with non-stick cooking spray.

Air fry the breasts for ± 10 minutes, turning halfway through.

Set the chicken breasts aside to rest while you prepare the salad and then slice.

Divide slaw / lettuce mix, cucumber and avocado between two bowls.

Dress lightly with olive oil and vinegar.

Season with a little **Cape Herb & Spice Salt** if desired and toss.

Top salad with warm, crunchy sliced chicken.

Finish with a generous scattering of chives.

Serve and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

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