



serves
4

prep time
10/15mins

cook time
15/20mins

ingredients
8

difficulty
easy

BLACKENED CAJUN CHICKEN BREAST

w/ quick corn & bean salsa

INGREDIENTS:

- 2 tbsp cajun spice mix
- 2 tbsp extra virgin olive oil
- 1kg (4) chicken breasts
- salt and pepper to season

CORN & BEAN SALSA

- 2 corn on the cob
- 1 can mixed beans, drained and rinsed
- 1 small golden shallot onion, finely diced
- juice of 1 lime
- salt & pepper to season
- fresh coriander to serve

METHOD:

Preheat your barbecue grill to a medium heat.

Mix together the Cajun spice mix & olive oil & coat the chicken breasts. Season with salt & pepper. Place onto the hot barbecue grill & cook for approx 5-6 minutes on each side or until cooked through (closing the hood if your barbecue has one). Ideal internal temperature should be 75°C.

To prepare the corn & bean salsa, steam or boil the corn until just tender and still crunchy. Slice off kernels in chunks. Stir the corn through beans & the onion & toss with the lime juice. Season with salt & pepper & serve with the chicken & coriander.

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