



CLONAKILTY

CAJUN CHICKEN & NOODLE SALAD



By Irish Yogurts Clonakilty

Cajun Chicken & Noodle Salad

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Method

- Cook the noodles according to the packet instructions. When they are cooked strain them into a sieve and place them under cold running water and keep the water running until the noodles are completely cold. Transfer to a large bowl at this stage.
- Preheat the oven to 180C/350F/Gas Mark 4
- Place the sliced chicken into a small bowl with the kefir, Cajun spice and a little oil and allow to marinade in the fridge for at least an hour
- Put the chicken onto a flat baking tray and cook in the preheated oven for 15-20 minutes until cooked through. Ensure that the chicken is fully cooked
- Allow the chicken to cool down completely
- Mix the cooled chicken and vegetables into the blanched and refreshed noodles
- Stir in the chilli jam, kefir, cucumber, cherry tomatoes and lime juice. Season accordingly
- Arrange salad on each plate decoratively and scatter with chopped spring onions or the seeds/nuts

Ingredients

Marinated Chicken



- 1 level teaspoon of Cajun spice
 - 2 chicken breasts-sliced thinly
 - 2 Tbsp of [Irish Yogurts Clonakilty Kefir Natural](#)
- Salad**
- 4 "nests" of dried noodles
 - ½ cucumber-diced
 - 1 ½ peppers-roasted
 - 12 cherry tomatoes-halved
 - 2 tablespoons of sweet chilli jam
 - 2 Tbsp of [Irish Yogurts Clonakilty Kefir Natural](#)
 - Juice of 1 lime
 - Chopped spring onions-for garnish
- Optional Additional Ingredients**
- Sesame seeds
 - Cashew nuts

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