



Kasi chicken and roasted beetroot salad

Ingredients

SALAD

- 150 g baby beetroot, par-boiled and peeled
- 10 ml olive oil
- 2 chicken breast fillets
- 2,5 ml barbecue spice
- 1 small carrot, trimmed and rinsed well
- 1 cooked corn on the cob
- 100 g baby tomatoes
- 200 g red kidney beans, rinsed and drained
- 30 g butter lettuce leaves
- 80 g feta, cubed
- salt and freshly ground black pepper

DRESSING

- 40 ml basil pesto
- 30 ml freshly squeezed lemon juice
- 15 ml olive oil



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METHOD

Pre-heat the oven to 200°C.

Cut the cooked baby beetroot into wedges or halves and place in a small ovenproof dish, lined with baking paper.

Sprinkle with 5ml of the olive oil and season with salt and pepper. Roast in the oven for 20 minutes. Set aside to cool.

Pound out the chicken fillets to make them thinner and of even thickness. Mix together the other 5ml olive oil and barbecue spice, rub over the chicken fillets and marinate for about 15 minutes.

Combine all the ingredients for the dressing and mix well. Keep aside.

Use a potato peeler and cut the carrot into thin ribbons. Use a knife and cut the corn off the cob.

Mix together the baby tomatoes, corn and kidney beans and toss with two-thirds of the dressing. Add the carrot ribbons.

Heat a griddle pan on medium heat till hot and grill the chicken fillets for about 4 minutes on each side until they are golden brown and cooked. Season with salt and black pepper.

To serve, divide the lettuce leaves between two plates and spoon the tomato mixture on top. Add the feta and the roasted beetroot.

Lastly, slice the chicken fillets and place on top of the salads. Drizzle with the rest of the dressing and serve immediately.