

Grilled Chicken Fajita Salad



Recipe Makes: 4 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Nutrition Facts

Grilled Chili Lime Chicken Fajita Salad

Amount Per Serving

Calories 484 **Calories from Fat 333**

% Daily Value*

Total Fat 37g **57%**

Saturated Fat 8g **40%**

Cholesterol 110mg **37%**

Sodium 689mg **29%**

Potassium 956mg **27%**

Total Carbohydrates 13g **4%**

Dietary Fiber 8g **32%**

Sugars 3g

Protein 19g **38%**

Vitamin A **119.4%**

Vitamin C **80.8%**

Calcium **4.7%**

Iron **12.8%**

* Percent Daily Values are based on a 2000 calorie diet.

Marinade/Dressing:

3 tablespoons olive oil

100 ml (just over 1/3 cup) freshly squeezed lime juice

2 tablespoons cilantro, chopped

2 cloves garlic, crushed

1 teaspoon brown sugar

3/4 teaspoon red chili flakes, (or red pepper flakes -- adjust to your preference of spice)

1/2 teaspoon ground Cumin

1 teaspoon salt

Salad:

4 chicken thigh fillets, skin removed (no bone)

1/2 yellow bell pepper, deseeded and sliced

1/2 red bell pepper, deseeded and sliced
1/2 an onion, sliced
5 cups Romaine lettuce leaves, washed and dried
2 avocados, sliced
Extra cilantro leaves to garnish
Sour cream, (optional) to serve

INSTRUCTIONS

Whisk marinade ingredients together to combine. Pour half the marinade into a shallow dish to marinate the chicken fillets for two hours if time allows. Refrigerate the reserved untouched marinade to use as a dressing.

Heat about one teaspoon of oil in a grill pan or skillet over medium-high heat and grill chicken fillets on each side until golden, crispy and cooked through. (Grill in batches to prevent excess water being released.) Once chicken is cooked, set aside and allow to rest.

Wipe pan over with paper towel; drizzle with another teaspoon of oil and fry pepper and onion strips until cooked to your liking.

Slice chicken into strips and prepare salad with leaves, avocado slices, peppers, onion strips and chicken. Drizzle with remaining marinade/dressing and serve with (optional) extra cilantro