

Cajun chicken with lentils and feta

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Cajun chicken with lentils and feta

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Looking for healthy dinner ideas? Try Cajun chicken with lentils and feta.

Ingredients (serves 2)

- 2 chicken breasts, skin-free
- 1 tablespoon of Cajun spice
- 1 cup of green lentils
- 1 tablespoon of tomato, finely chopped
- 30g of feta, crumbed
- 1 tsp of red wine vinegar
- 1 tbsp of olive oil
- 1 tbsp of red onion, finely chopped

Simmer lentils in water for about 15 minutes (or until soft and cooked), and then drain. Allow to cool, then add the onions, tomatoes, feta, red wine vinegar and olive oil and combine well.

Rub Cajun spice over chicken and place on high heat in saucepan for 1 minute on each side. Place chicken on a baking tray in a pre-heated oven at 200 degrees for 5 minutes on each side.

Allow to rest for 1 minute; serve chicken on top of lentil salad.

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