

# MEXICAN CHICKEN SALAD

Charlie Farrant - World Cancer Research Fund

 10 minutes

 Serves 4 people

**Nutrition  
per serving**

Calories  
267

Fat  
8.3g

Sugar  
2.9g

Salt  
0.6g

## Ingredients

- ♥ 2 chicken breasts, cooked, skinless and roughly chopped
- ♥ 1 x 198g can salt-free sweetcorn
- ♥ 150g cherry tomatoes, halved
- ♥ 25g jalapeno peppers, chopped
- ♥ 1 x 400g can kidney beans, washed and drained
- ♥ 2 spring onions, finely chopped
- ♥ ¼ iceberg lettuce, shredded
- ♥ 2 tablespoons low-fat sour cream
- ♥ 1 lime, juice only
- ♥ Freshly ground black pepper
- ♥ 50g reduced-fat cheddar cheese, grated
- ♥ 25g corn tortilla chips, roughly crushed
- ♥ Coriander, chopped



## Method

- 1** In a large bowl, mix together the chicken, sweetcorn, tomatoes, jalapenos, kidney beans, spring onions and lettuce.
- 2** In a separate small bowl, mix together the sour cream and lime, then season with black pepper.
- 3** Toss the dressing through the salad to coat.
- 4** Mix in the cheese and tortilla chips and serve with chopped coriander.