

Easy as Pie

Sriracha Chicken Salad

For the Chicken

2 boneless, skinless chicken breasts diced into bite sized pieces
1 tablespoon extra-virgin olive oil
1/2 cup ground oat flour + salt and pepper, to taste
1 large egg
1/4 cup Sriracha
1/2 lemon (juice)
2 tablespoons honey
2 teaspoons garlic powder

For the Green Dressing

1/2 cup fresh parsley
1/2 cup fresh cilantro
1/3 cup Greek yogurt
1 tablespoon minced garlic
1/2 lime (juice)
salt, to taste

For the Salad

4 handfuls of mixed greens
1/4 cup blue cheese
4 radishes, thinly sliced
1/4 red onion, diced
1 avocado, sliced



Procedure

1. Create Sriracha marinade by mixing together Sriracha, lemon, honey, and garlic powder. Set aside.
2. Next heat 1 tablespoon extra virgin olive oil on low/medium heat in a large sauce pan.
3. While the pan is heating up, prep chicken by dipping in egg and then into oat flour. This is going to help create a crunchier texture.
4. Place chicken on sauce pan and sauté for 6-10 minutes, or until cooked all the way through. Once the chicken is fully cooked, dip into marinade, coating the entire piece of chicken.
5. Place all dressing ingredients in a high-power blender or magic bullet, and process until smooth, then combine with the chicken and veggies.