

RECIPE | CUCUMBERS

# CAJUN CUCUMBER SALAD



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Recipe created by Pure Flavor®

## INGREDIENTS

1.75 lb Pure Flavor® Uno Bites™  
Nano Cucumbers  
1 dry pint Pure Flavor® Juno® Bites  
Red Grape Tomatoes  
1 ear of corn, cooked  
1 medium avocado, diced  
1/4 medium red onion, sliced thin

### Cilantro Lime Juice Dressing:

3 tbsp lime juice  
2 tbsp olive oil  
1 tbsp cilantro, freshly chopped  
Salt and pepper to taste

### Blackened Chicken:

1/2 lb chicken breast  
1/2 lime, juiced  
1 tbsp olive oil  
1/4 tsp paprika  
1/8 tsp onion powder  
1/4 tsp garlic powder  
1/8 tsp ground cumin  
1/8 tsp chili powder  
1/8 tsp oregano  
Salt and pepper to taste



### TOTAL TIME

13 minutes

### PREP TIME

5 minutes

### COOK TIME

8 minutes

### SERVES

4

### COOKING LEVEL

Easy

## DIRECTIONS

1. Preheat a frying pan over medium heat with 1 tablespoon of olive oil. Be sure to brush the olive oil to coat the entire pan.
2. Combine all seasonings and 1 tablespoon of olive oil into a mixing bowl. Add the chicken breast and toss to coat. Once the pan is heated, add the chicken breast and cook on each side approximately 3-4 minutes, flipping once. Time will be dependent on the thickness of the chicken breast.
3. Remove from pan to a plate and allow to cool. While the chicken is cooking, combine all the ingredients for the dressing into a small mixing bowl. Whisk to thoroughly combine.
4. Once the chicken has cooled, cut each breast into small cubes. Combine cucumber, tomatoes, red onion, corn, and avocados in a large bowl. Drizzle dressing over the top. Toss to fully combine.