Chicken tournedos with cheese crust and a Mexican salad

10 persons



Ingrediënten

- 5 Chicken tournedos
- 100 g Parmesan cheese
- 100 g grated Gruyere cheese
- 1 egg
- 300 g tortilla chips
- 300 g sweetcorn
- 300 g red beans
- 300 g tomatoes
- 2 avocados
- 1 lemon
- 2 red onions
- Olive oil
- Cajun spices
- Pepper & salt

Bereiding

Grate the Parmesan cheese and mix it with the gruyère cheese.

Beat the egg and rub it onto the Chicken tournedos. Roll the Chicken tournedos into the cheese mix. Roast the Chicken tournedos at 180°C until the cheese is nicely golden brown.

Mix the sweetcorn and red beans.
Remove the stones from the avocados and cut the avocado flesh into brunoise pieces. Squeeze the juice from the lime and mix it with the avocado flesh. Cut the tomatoes into large pieces and cut the red onion into rings. Mix everything and season with pepper and salt.

Pour in some good olive oil and season.

Arrange the dish onto a plate or a platter.

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