

Coronation Chicken

355

Typ: Salat

Quelle: woman&home 2006, 12, 184

Bemerkungen: 26 Dez 2006: left-over turkey breast - less mayonnaise - no lemon juice (sufficient acid): very good

Zutaten:

SALAD

2 small to medium cooked chickens, stripped off the bone
75 g (3oz) pine nuts, toasted 50 g (2oz) sultanas
100 g (4oz) dried apricots, chopped
1 bunch spring onions, finely chopped
4tbsp chopped fresh coriander
1 bag baby salad leaves

DRESSING

1 1/2 tbsp Madras curry paste
100 ml mayonnaise
200 ml natural or Greek yogurt (not low-fat)
3 tbsp mango chutney
squeeze fresh lemon juice
black pepper

Rezept:

Mix together all the ingredients for the dressing and add freshly ground black pepper. In a large bowl, mix together the chicken, pine nuts (reserving a few), sultanas, apricots and half the spring onions and coriander. Stir in the dressing. Put the salad leaves on a platter, spoon over the chicken mix, then scatter over remaining pine nuts, spring onions and coriander.

Per serving: 281 cal, 15 g fat, 4 g saturated fat, 11 g carbohydrate

You can make the dressing and mix up the chicken the day before, but add the spring onions and coriander just before serving and garnishing.