

CORONATION CHICKEN SALAD



QUICK

10 mins prep

HEALTHY

Chicken is a good source of protein. We need protein to build and repair muscle, for good immunity and healthy skin and hair

FAMILY

Feeds 4-5

MEALS

Serve with brown and wild rice

INGREDIENTS

- 600g Roasted chicken (leftovers are perfect)
- 2 spring onions
- 2 tbs mayonnaise
- 2 tbs curry powder
- ¼ tsp salt
- 1 lemon
- 1 mango

Salad

- 1 lettuce
- 2 tomatoes
- ½ cucumber

METHOD

- 1) Shred or dice the chicken
- 2) Mix the chicken, mayonnaise, salt, curry powder and lemon juice in a bowl
- 3) Taste – add seasoning to taste
- 4) ‘Hedgehog’ the mango – Half it – criss-cross cut the mango then turn it inside out and cut off the cubes
- 5) Add to the chicken mix
- 6) Slice your spring onion.
- 7) Make up your salad
- 8) Pop the chicken mix on top
- 9) Sprinkle with the spring onion
- 10) Enjoy

This recipe is a perfect way to use leftover roast chicken. Be brave with your flavours – adjust to what you like – if you like it hot – use hot curry powder, if you like it more lemony- add more lemon etc



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com