



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Grapes

Grapes are a good source of vitamin C and with a water content of around 80% it makes them great for maintaining hydration. Great both fresh and frozen as snacks!



## B4 Curried Chicken Waldorf

Poached chicken breast tossed in a creamy curry sauce with grapes and celery, served on toasted rye bread.

 20 minutes

 4 servings

 Chicken

4 February 2022

## Change it up!

*You can use these ingredients to make a classic chicken sandwich for lunch instead. Save the grapes for snacking!*

## FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
SOUR CREAM	1 tub
RED GRAPES	200g
CELERY STALKS	2
LETTUCE	1 packet
RYE LOAF	1
WALNUTS	1 packet (40g)

## FROM YOUR PANTRY

olive oil, salt, pepper, curry powder

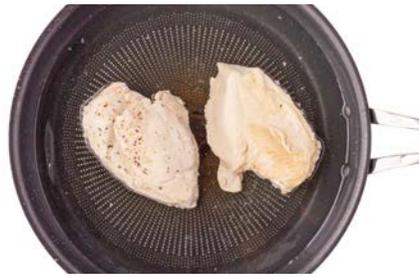
## KEY UTENSILS

large frypan or griddle pan, frypan or saucepan

## NOTES

Rub the cut side of a garlic clove over bread to make garlic bread!

**No gluten option – rye loaf is replaced with GF bread.**



### 1. COOK THE CHICKEN

Place chicken breasts into a frypan or saucepan with **salt and pepper**. Cover with water, bring to a simmer, and cook for 15 minutes or until cooked through. Remove from pan (see step 4).



### 2. PREPARE THE SALAD

Combine **2–3 tsp curry powder** (use to taste!) with sour cream and in a large bowl. Halve grapes and slice celery stalks. Add to bowl.

Separate and rinse lettuce leaves.



### 3. TOAST THE BREAD

Slice loaf and drizzle with **olive oil**. Toast on a griddle pan or frypan over medium–high heat for 1–2 minutes each side. Set aside (see notes).



### 4. TOSS THE SALAD

Shred or slice cooked chicken and add to bowl with grapes and celery. Stir to combine and season with **salt and pepper**.



### 5. FINISH AND SERVE

Divide toasts and lettuce among plates. Top with chicken salad. Chop walnuts and scatter over top.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

