



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

