



Curried Chicken Salad

Poached chicken tossed with crunchy cucumber, spring onion and cherry tomatoes with a creamy curry dressing.



25 minutes



4 servings



Chicken

FROM YOUR BOX

CHICKEN TENDERLOINS	300g
CHERRY TOMATOES	1 packet
LEBANESE CUCUMBERS	2
SPRING ONIONS	1 bunch
TINNED CHICKPEAS	400g
GEM LETTUCE	3-pack
CURRY MAYONNAISE	2 sachets

FROM YOUR PANTRY

oil for cooking, salt, pepper

NOTES

For a more filling meal, you can serve with rice or toss the salad through pasta. This salad also makes a delicious filling for a sandwich or roll.

1. POACH THE CHICKEN

Place **chicken** in a saucepan and season with **salt**. Cover with water, bring to a simmer and cook, covered for 8–10 minutes or until cooked through. Remove to a board to cool.

TIP *We added 1 tbsp soy sauce to the poaching water for some flavour. You can cook the chicken in a frypan instead. Coat with soy sauce or marinade or choice.*

2. PREPARE THE SALAD

Halve **tomatoes**, dice **cucumbers** and slice **spring onions**.

TIP *Add some diced apple or sultanas for sweetness. Avocado, grated carrot, radishes or celery can also be added.*

3. CRISP THE CHICKPEAS

Drain and pat **chickpeas** dry. Add to a frypan over medium–high heat with **oil** and season with **salt**. Cook for 5 minutes until crispy.

TIP *You can season the chickpeas with a ground spice for extra flavour. We used 1 tbsp curry powder. Ground cumin or paprika also work well. Cover the chickpeas as they cook to prevent them from popping out of the pan.*

4. FINISH AND SERVE

Separate and rinse **lettuce** leaves. Lay over a serving plate.

Shred poached chicken and toss through salad along with 1/2 the crispy chickpeas and **curry mayonnaise**. Spoon salad onto lettuce leaves and garnish with remaining chickpeas.

TIP *Add some fresh chopped parsley, toasted sesame seeds or nuts to garnish.*

This recipe has simplified instructions to help lower your meal cost.