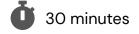


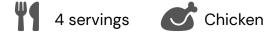
Curry Chicken Salad

with Mango & Papadums

A bright summer salad with crispy cos lettuce, sweet tropical mango and fresh mint, topped with lightly spiced curry chicken and served with a creamy spring onion yoghurt.







Crush the papadums and scatter over salad at the end for a light crouton. You could add some tinned lentils or chickpeas to the salad to stretch the dish out.

FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
NATURAL YOGHURT	1 tub (200g)
PAPADUMS	1 packet
BABY COS LETTUCE	2 pack
RADISHES	1/2 bunch *
MINT	1/2 bunch *
MANGO	1
SPRING ONIONS	1/4 bunch *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, curry powder

KEY UTENSILS

oven dish, stick mixer or blender

NOTES

Cooking the papadums in the microwave according to packet instructions will be the quickest method and uses less oil.



1. BAKE THE CHICKEN

Set oven to 220°C.

Halve chicken fillet lengthways. Coat with 1tbsp curry powder and 2 tbsp yoghurt in a lined oven dish. Season with salt and pepper. Bake in oven for 20–25 minutes or until cooked through.



2. MAKE THE PAPADUMS

Cook the papadums according to preferred method on the packet (see notes).



3. PREPARE THE SALAD

Roughly chop and rinse lettuce leaves. Wedge radishes. Roughly slice mint leaves and slice mango. Toss together with 2 tsp red wine vinegar and 1 tbsp olive oil. Set aside.



4. MAKE THE DRESSING

Roughly slice spring onions and blend with yoghurt using a stick mixer or blender until smooth. Season with **salt and pepper**.



5. FINISH AND PLATE

Divide salad among shallow bowls. Slice chicken and add on top. Serve with papadums and dressing on the side.



