



Crunchy Coronation Chicken & Avocado Salad

Ingredients (serves 2)

2 x 140g skinless chicken breasts
 2 tsp mild or medium curry powder
 1 tbsp olive oil
 2 tbsp mango chutney
 50ml Low fat yoghurt
 ½ Avocado, cut into chunks and add lemon juice
 ½ lemon
 1 small apple, sliced
 2 sticks of celery, washes and sliced diagonally
 ½ cucumber, deseeded and sliced
 50g bag watercress
 2 tbsp toasted flaked almonds

Method

1. Toss the chicken breasts with the curry powder and ½ tbsp of the oil.
2. Heat a large non-stick pan and cook the chicken for 5-6 mins on each side until golden and cooked through, cool then cut into strips.
3. Whisk together the remaining oil and mango chutney with a good squeeze of lemon juice and add the yoghurt.
4. Then, in a large bowl, toss with the cucumber, apple, celery, watercress and most of the flaked almonds.
5. Dress with the mango yoghurt.
6. Divide between two serving bowls, place the chicken over the top, place over the avocado and scatter with the rest of the almonds.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 458g Serving	% RNI	
Energy kJ	440	5%	2016	24%	
Energy kcal	105	5%	481	24%	
Fat	4.4g	6%	20.1g	28%	Med
Saturates	0.8g	4%	3.6g	18%	Low
Total Sugars	3.7g	4%	17.0g	18%	Low
Salt	0.20g	3%	0.90g	15%	Low
Protein	11.3g	-	51.7g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: Nuts, Mustard, Celery, Milk