



UCCOOK

Coronation Chicken Salad

with creamy yoghurt & crunchy green beans


A dish fit for royalty, but with zero effort! Coronation chicken salad is a traditional British salad originally made for Queen Elizabeth II's coronation. There are many variations of this Indian-inspired, curried chicken salad, but our easy version features a creamy, curried dressing with Mrs Balls chutney and yoghurt. A guaranteed crowd pleaser!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

 ***NEW Simple & Save**

 **Waterkloof | False Bay Sauvignon Blanc**

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Ingredients & Prep

80g	Green Beans <i>rinsed, trimmed & cut into thirds</i>
150g	Free-range Chicken Mini Fillets
1	Onion <i>¼ peeled & roughly sliced</i>
5ml	Medium Curry Powder
15ml	Mrs Balls Chutney
50ml	Low Fat Plain Yoghurt
10ml	Lemon Juice
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. MAGIC GREEN BEANS Boil the kettle. Place a pot over a high heat, fill with boiling water, and add a pinch of salt. Once bubbling rapidly, blanch the sliced green beans for 2-3 minutes until cooked al dente. Remove from the pot, reserving the boiling water in the pot, and run under cold water to stop the cooking process.

2. POACH THE CHICKY Return the pot with the boiling water to a medium heat. Add a good pinch of salt and stir until dissolved. Once simmering, add the chicken mini fillets, cover with a lid, and poach for 4-6 minutes until cooked through. Remove from the pot and place on a cutting board. Using two forks (one to secure the chicken and the other to shred), gently shred the chicken and set aside.

3. THE DISH'S CORONATION Drain the water from the pot and return the pot to a medium heat with a drizzle of oil. Once hot, add the sliced onion and fry for 4-5 minutes until soft and translucent, shifting occasionally. In the final 1-2 minutes, add the curry powder (to taste), shifting constantly. Remove from the pan and place in a bowl along with the chutney, the yoghurt, the shredded chicken, seasoning, and the lemon juice (to taste). Mix until combined.

4. PLATE IT UP! Make a bed of the rinsed leaves and the blanched green beans. Top with the coronation chicken salad. Delicious, Chef!

Nutritional Information

Per 100g

Energy	334kJ
Energy	80kcal
Protein	9.7g
Carbs	7g
of which sugars	4.1g
Fibre	1.6g
Fat	1.4g
of which saturated	0.4g
Sodium	47mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days