



UCCOOK

Coronation Chicken Salad

with toasted almonds, zingy lemon & fresh parsley

Tender poached chicken is coated in a flavourful coronation sauce: curry powder, chutney, lemon, and yoghurt. Served on top of a beautiful bed of fresh leaves and green beans. Finished off with crunchy almonds, fresh parsley, and lemon zest.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

 Carb Conscious

 Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

10g	Almonds
100g	Green Beans <i>rinse, trim & slice into thirds</i>
150g	Free-range Chicken Mini Fillets
1	Onion <i>peel & finely slice ¼</i>
5ml	Medium Curry Powder
25ml	Mrs Balls Chutney
1 unit	Roasted Garlic Mayo
1	Lemon <i>rinse, zest & cut ¼ into wedges</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. GOLDEN ALMONDS Boil a full kettle. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. GREEN BEANS Place a pot (with a lid) of salted boiling water over high heat. Once bubbling, blanch the sliced green beans until al dente, 2-3 minutes. Remove from the pot, reserving the boiling water.

3. POACH THE CHICKY Return the pot with the boiling water to medium heat. Add a good pinch of salt and stir until dissolved. Pat the chicken dry with paper towel. Once simmering, add the chicken, cover, and poach until cooked through, 10-12 minutes. 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.

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

5. PLATE IT UP! Make a bed of the rinsed leaves and the blanched green beans. Top with the coronation chicken, the toasted almonds, the lemon zest, and the chopped parsley. Delicious, Chef!



Chef's Tip

If you have the time, let the chicken breasts rest in their poaching liquid for a few minutes. This will allow the chicken to reabsorb some of the moisture released during cooking.

Nutritional Information

Per 100g

Energy	561kj
Energy	134kcal
Protein	7.5g
Carbs	8g
of which sugars	4.2g
Fibre	2g
Fat	8.5g
of which saturated	1.3g
Sodium	91mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within 3
Days