



# UCOOK

## 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.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Alex Levett

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Carb Conscious

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Neil Ellis Wines | Neil Ellis Wild Flower Rosé 2023

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## Ingredients & Prep

30g	Almonds
300g	Green Beans <i>rinse, trim &amp; slice into thirds</i>
450g	Free-range Chicken Mini Fillets
1	Onion <i>peel &amp; finely slice ¾</i>
15ml	Medium Curry Powder
75ml	Mrs Balls Chutney
3 units	Roasted Garlic Mayo
1	Lemon <i>rinse, zest &amp; cut ¾ into wedges</i>
60g	Salad leaves <i>rinse &amp; roughly shred</i>
8g	Fresh Parsley <i>rinse, pick &amp; 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, 3-4 minutes. Remove from the pot, reserving the boiling water.

**3. POACH THE CHICKY** Boil a full kettle. 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, 12-15 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, 4-5 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. 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 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	467kJ
Energy	112kcal
Protein	5.9g
Carbs	8g
of which sugars	4.3g
Fibre	2.1g
Fat	6.5g
of which saturated	1g
Sodium	75mg

## Allergens

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

Eat  
Within  
3 Days