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CORONATION CHICKEN SALAD

Coronation Chicken Salad is perfect when you have some left-over chicken and want to create a salad with a difference. The easy-to-make lightly curried sauce to dress the chicken works wonderfully with a healthy combination of summer fruits and fresh salad to create an impressive and generous meal.

Serves 1 (Multiply ingredients for more servings)

Per serving: 300 calories (approx.)

Prep time 10 mins

INGREDIENTS

Coronation Chicken:

60g cooked chicken, (no skin) chopped
1 tbsp Heinz Salad Dressing
1 tbsp 0% fat Live Natural Yogurt
½ tsp curry powder.

For the Salad:

Salad leaves
3 cherry tomatoes, chopped
2cm cucumber, chopped
1 small stick celery chopped
¼ red pepper, chopped
¼ yellow pepper, chopped
1 wedge each of different melons (eg Honeydew, Galia, Cantaloupe, Watermelon), chopped into chunks
½ fresh mango or papaya, skinned and chopped
4 strawberries, hulled and quartered

METHOD

1. Make up the Coronation dressing by mixing together the salad dressing and live natural yogurt. Then stir in the curry powder and mix well. Set aside.
2. Place a selection of salad leaves on a serving plate then top with the chopped salad vegetables, (retaining the tomatoes till the end). Then arrange the pieces of fruit on top of that.
3. Finally place the coronation chicken mixture on top and decorate with the halved cherry tomatoes.
4. Keep chilled until served.

