

Creamy Curried Chicken Salad

with Crunchy Lettuce

This British staple was first cooked for the coronation of Queen Elizabeth II in 1953.

Cals 597 • Prot 42 • Carbs 30 • Fat 36

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Madras curry powder	4	4	6	Grams
Garlic onion powder	4	4	8	Grams
Salad				
Cashew nuts 1* , 2*	40	60	80	Grams
Golden raisins 14*	30	45	60	Grams
Fresh chives	15	15	15	Grams
Mayonnaise 5* , 9* , 13*	50	75	100	Grams
Sour cream 4*	60	90	120	Grams
Honey	15	15	30	Grams
Curry powder	5	8	10	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
To serve				
Baby gem lettuce	4	6	8	Piece

Allergens

***1 Peanuts, *2 Tree Nuts, *14 Sulphur Dioxide, *5 Eggs, *9 Soya, *13 Mustard, *4 Milk**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2498 / 597
Fat (g)	36.1
of which saturates (g)	8.7
Carbohydrate (g)	30
of which sugars (g)	16.9
Fiber (g)	4.7
Protein (g)	41.6
Salt (g)	2.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Chop chicken

Chop each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes.



2 Fry chicken

Heat a pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **chicken** and fry with a pinch of **salt** for 3 min on each side until golden and cooked through.



3 Add spices

Once the **chicken** is cooked, remove the pan from the heat. Add the **madras curry powder (spicy!)** and **garlic onion powder**. Turn the **chicken** in the spices, then transfer everything to a plate (including the pan juices and spices). Refrigerate for 5 min until slightly cooled.



4 Prep salad

Meanwhile, roughly chop the **cashew nuts** and **raisins**. Finely chop the **chives** (reserve some for garnish).



5 Salad

Once the **chicken** has cooled, chop it into cubes. Transfer it to a bowl (along with the **oil** and **spices**). Add the **cashew nuts, raisins, chives, mayonnaise, sour cream** and **honey**. Season with **curry powder, salt** and **pepper**. Mix well.



6 Serve

Separate the **gem lettuce** leaves and arrange them on a serving plate or among individual plates. Scoop the **curry chicken salad** over the top. Garnish with the remaining **chives**.