



Warm Chicken Salad, Mango, Quinoa and Red Curry Dressing

A filling, nutritious twist on your normal summer salad. This dish combines chicken, mango and quinoa all drizzled over with a delicious red curry dressing. Served on a bed of rocket with a pinch of mint, this is a weeknight meal ripe with freshness!

Nutritional Info

Calories: 461 kcal
Carbohydrates: 55 g
Protein: 39 g
Fat: 11 g

Ingredients

- Chicken Fillet
- Lime
- Baby Rocket
- Natural Yogurt
- Mint Leaves
- Quinoa
- Mango
- Red Curry Paste

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

[Milk \(Yogurt\)](#)
[Mustard \(Curry Paste\)](#)
[Fish \(Curry Paste\)](#)
[Crustacean \(Curry Paste\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Prepare the Quinoa

Place the quinoa in a saucepan and toast over medium heat for 2 minutes then cover with boiling water at a ratio of 2 parts water to 1 part quinoa. Cover the saucepan with a lid, turn the heat down low and simmer for 15 mins. Turn off the heat, remove lid and fully drain. Set aside.

2) Prepare the chicken

While the quinoa is cooking, heat 1 tbsp olive oil on a medium heat in a frying pan, then add the chicken and cook for approx. 10 mins until the chicken is cooked through. Season with salt and pepper, then remove from heat and set aside. When cool enough to handle, cut or tear into strips.

3) Prepare the dressing

In a small bowl add the juice of the lime, red curry paste, natural yogurt and about a tablespoon of olive oil per person. Whisk together with a fork until well combined, set aside.

4) Prepare the mango

Stand the mango on chopping board with stem end down and hold. Place your knife about ½ cm from the widest centre line and cut down through the mango. Flip mango around and repeat process on other side. You will be left with 2 ovals. Cut parallel slices in the mango being careful not to cut through skin and turn inside out and scrape mango chunks off with knife or spoon. Set aside.

5) Assemble dish

Finely chop the mint. In a bowl toss the rocket, chopped mint, quinoa, mango and chicken and plate. Drizzle over with the dressing, season with salt & pepper if required. Then plate the dish and enjoy.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | [#DropChef](#)