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Chicken Salad with Asian Slaw, Radishes and Curried Croutons

This summer salad is all about fusion. Those mild curry flavours contrasted with a super fresh, zingy salad will make your fork freak out and your tastebuds jump for joy. And you know what else is so great about this recipe? It's seasonal and radishes are our British Veggie of the Month.

 30 mins

 healthy

 lactose free



Ciabatta (1)



Curry Powder (½ tbsp)



Chicken Breast (2)



Soy Sauce (1½ tbsp)



Coriander (5 tbsp)



Carrot (2)



Red Onion (¼)



Radishes (1 pack)



Red Pepper (1)



Lime (1)

Ingredients

	2 PEOPLE	ALLERGENS
Ciabatta	1	Gluten
Curry Powder	½ tbsp	Mustard
Chicken Breast	2	
Soy Sauce	1½ tbsp	Soya, Gluten
Coriander, chopped	5 tbsp	
Carrot, grated	2	
Red Onion, sliced	¼	
Radishes, quartered	1 pack	
Red Pepper, sliced	1	
Lime	1	

Nutrition per serving: Calories: 344 kcal | Protein: 33 g | Carbs: 33 g | Fat: 4 g | Saturated Fat: 1 g

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Radishes, onions and garlic were paid as 'wages' to the Ancient Egyptian labourers who built the Pyramids.

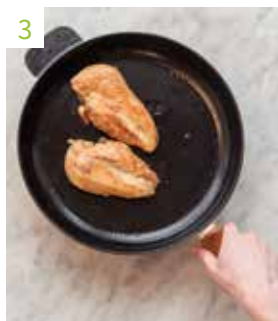
1



1 Pre-heat your oven to 200 degrees. Your first job is to get the croutons in your oven. Cut the **ciabatta** into 2cm sized chunks. Pop them into a bowl and sprinkle over half the **curry powder**. Mix well to ensure the **ciabatta** chunks are evenly coated. Pop them on a baking tray and drizzle over 1 tbsp of **olive oil**. Bake for 8 mins and then keep to one side.

2 Pop the **chicken breasts** into the same bowl you used for your croutons and sprinkle over the remaining **curry powder**, ½ tbsp of **soy sauce** and ½ tbsp of **oil**. Mix well to make sure the **chicken breasts** are nicely coated.

3



3 Put a frying pan on high heat and once the pan is hot, cook the **chicken breasts** for 2 mins on each side until golden brown. Transfer them to a baking tray and roast in your oven for 12 mins. **Tip:** *The chicken is cooked when the centre is no longer pink.*

4 With all the cooking underway, give the bowl you used for the croutons and chicken a good wash and get on with the salad. Roughly chop the **coriander**. Chop the tops and bottoms off the **carrots**, peel and then grate on the coarse side of your grater. Pop the **carrots** and chopped **coriander** into your bowl.

5



5 Cut the **red onion** in half through the root, peel and then slice one quarter into thin half moon shapes, add this to the bowl with the carrot and coriander. **Tip:** *Red onion is quite strong when raw so add as much as you see fit.* Keep any leftovers wrapped in clingfilm and use another time.

6 Cut the **radishes** into quarters. Remove the core from the **red pepper** and then slice as thin as you can. Mix the **radishes** and **peppers** into the salad bowl.

6



7 Next, make the dressing in a small bowl. Juice the **lime**, mix in 2 tsp of **sugar** (if you have some) and the remaining **soy sauce**. Pour this over the salad and mix well.

8 When your **chicken** has finished cooking, allow it to cool for a few mins before slicing each breast widthways into six pieces. Serve your **chicken** on top of a generous pile of your zingy salad and finish with a few crunchy croutons. Enjoy!