

Curried Chicken and Mango Salad

Prep Time: 20 minutes

Cook: 20 minutes

Serves: 2

Ingredients

6 chicken mini fillets
1 tsp olive oil
2 tsp curry powder
4 tbsp Greek yogurt
2 tbsp mango chutney
zest $\frac{1}{2}$ lime and 2 tsp juice
1 Little Gem lettuce, leaves separated
1 ripe mango, peeled and sliced
 $\frac{1}{2}$ red onion, finely sliced
2 tsp toasted sesame seed

Method

Heat oven to 200C/180C fan/gas 6. Toss the chicken in the oil and 1 tsp of the curry powder, season and mix well to coat. Put the chicken on a foil-lined baking tray and bake for 20 mins until cooked through. Leave to cool a little, then slice.

Meanwhile, make the dressing. In a bowl, combine the remaining curry powder with the yogurt, chutney and lime zest and juice (add 1 tbsp water if the dressing is a little thick).

To serve, arrange the lettuce leaves on 2 plates. Top with the mango and cooked chicken, then drizzle with the dressing. Scatter with the red onion and sesame seeds before serving.