

Curried Chicken Salad

Serves 6

- 410 ml chicken broth
- 680 g skinless boneless chicken breast
- 98 g mayonnaise
- 98 g plain Greek yogurt
- 3 tsp curry powder
- 1 T fresh lime juice (½ lime)
- 1 tsp honey
- ½ tsp ground ginger
- ½ tsp salt
- ¼ tsp black pepper
- 1 med. red onion, chopped
- 1 firm-ripe mango (341 g), peeled, pitted and chopped
- 142 g red seedless grapes, halved
- 86 g salted roasted cashews, coarsely chopped



1. Bring 950 ml (4 C) **water** to a simmer with **chicken broth** in a saucepan.
2. Add **chicken** and simmer, **uncovered, 6 minutes**.
3. Remove from pan from heat and cover, let stand until chicken is cooked through, **about 15 minutes**.
4. Transfer chicken to plate and **cool for 10 minutes**. Chop into 2 cm pieces.
5. While chicken is cooling, whisk together **mayonnaise, yogurt, curry, lime juice, honey, ginger**, salt, and **pepper** in a large bowl.
6. Add **chicken, onion, mango, grapes**, and **cashews** and stir gently to combine.

Other additions: celery, water chestnuts or lotus root, soy sauce