



Butter Chicken Salad
RECIPE

Butter Chicken Salad



Cooking time 15 mins
Preparation time 10 mins
Serves 4

Our Royco Dry Cook-In Sauces are so versatile you can even use them in coatings, marinades and dressings. Try this simple, delicious salad made with mildly spiced, quick-fried chicken strips, lettuce, avo and feta.

Ingredients

- 4 skinless, deboned chicken breasts
- 45ml (3 Tbsp) oil
- the juice of 1 lemon
- 1 x 37g Royco® Butter Chicken Curry Dry Cook-In Sauce
- a pack of crunchy lettuce
- a pack of fresh rocket
- 2 carrots, peeled and sliced
- 3 ripe avocados, peeled and sliced
- 2 wheels feta cheese, crumbled
- chopped pecan nuts to garnish (optional)
- salad dressing of your choice

Vegetarian

Use firm tofu strips instead of chicken.

Cook's tips:

- You can baste the chicken with its own juices halfway through the roasting time for added moisture and flavour.
- Resting the chicken: letting the chicken rest before carving allows the juices to redistribute and makes it more tender.
- Potato variety: use waxy potatoes for a better texture when roasting.
- Adjust sweetness: if you prefer a sweeter dish, you can increase the amount of honey or sweet chilli sauce.

Method

1. Cut the chicken breasts into strips.
2. In a small mixing bowl, whisk together the oil, lemon juice and 2 Tbsp (30ml) of the powder from the sachet of Royco® Butter Chicken Curry Dry Cook-In Sauce.
3. Add the chicken strips and mix gently so every strip is coated with flavoured oil.
4. Heat a non-stick pan and dry-fry the chicken for about 3 minutes per side, or until just cooked through. If the chicken sticks, add a little oil. Alternatively, air-fry the chicken at 180 °C for 6 - 7 minutes, or until just cooked through. Set aside to cool.
5. Place the lettuce, rocket and carrots on a platter and top with the crumbled feta. Arrange the chicken strips and avocado slices on top and sprinkle over the (optional) pecan nuts.
6. Serve with a salad dressing of your choice.

Recipe Tags

[Dry Cook In Sauce](#), [Salad](#), [Light Meal](#), [Side](#)

Related Recipes



[Creamy Chicken and Pasta Bake](#)

Cooking time

30 mins

Preparation time

20 mins



[Macaroni Cheese with Tomato](#)

Cooking time

30 mins

Preparation time

10 mins



Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins



Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins



Ham, Mushroom and Cheese Bake

Cooking time

25 mins

Preparation time

10 mins



Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins



Bolognese

Cooking time

30 mins

Preparation time

10 mins



Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins



Penne with a Mediterranean Touch

Cooking time

15 mins

Preparation time

15 mins



Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

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