

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.

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# **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

Products used



Butter Chicken Curry Dry Cook-In Sauce

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#### 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. 1

Cut the chicken breasts into strips.

2. 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. 3.

Add the chicken strips and mix gently so every strip is coated with flavoured oil.

4. 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. 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. 6.

Serve with a salad dressing of your choice.

# **Recipe Tags**

Dry Cook In Sauce, Salad, Light Meal, Side

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Cooking time

35 mins

Preparation time

20 mins

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