Butter Chicken Salad
RECIPE

# Butter Chicken Salad

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| **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

## Bolognaise

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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