Coronation Chicken

Ingredients
- 1 whole cooked chicken, skin and bone removed and meat shredded
- 4 Tbsp light mayonnaise
- 4 Tbsp 0% or 2% Greek yogurt
- 100 mL mango chutney
- 2 Tbsp of mild or medium curry powder
- 2 cups of white seedless grapes chopped
- 3 celery stalks chopped finely
- ½ cup of crushed walnuts

Making it
1. Allow rotisserie chicken to cool completely. Remove skin and carve chicken into bite size chunks. Set aside.
2. Lightly toast the chopped walnuts in a dry frying pan on medium high heat until you can smell them cooking. Keep an eye on them to prevent burning. Set aside.
3. To make the dressing, whisk the light mayonnaise, yogurt, chutney and curry powder together until combined
4. Chop celery into small bite size pieces and cut grapes in half.
5. In a large bowl add the chicken, walnuts, celery and grapes. Pour the dressing on top. Mix all the ingredients together until thoroughly combined
6. Serve with your choice of side – rice, toasted pita or salad

NUTRITION FACTS
Servings: 6
PER SERVING
Calories (kcal): 92.5
Fat (g): 4.42
Carbohydrate (g): 2.12
Protein (g): 10.67
Fibre (g): 0.3

TIPS & HINTS
Think of making a large batch of this and serving it in different ways during the week to avoid getting tired of the same dish!