

Chicken and Potato Salad

This colourful salad dish is quick, easy and packed full of nutrients.



Barley (gluten), celery and fish*

Nutritional information per portion (339g):

Energy	Fat	Saturates	Sugars	Salt
1149kJ 274kcal 14%	13g 19%	2.2g 11%	4.3g 5%	0.18g 3%

of an adult's reference intake.
Typical values per 100g: energy 339kJ/81kcal.

Equipment

Weighing scales
Kitchen paper
Scissors
Small jug
Measuring spoons
Fork or small whisk
Colander
Chopping board
Sharp knife
Medium-sized salad bowl
Mixing spoon

Ingredients

Serves 4

Dressing

Small bunch fresh mint
3 x 15ml spoons sunflower oil
2 x 15ml spoons lemon juice
OR cider vinegar
1 x 5ml spoon
Worcestershire sauce

Salad

12 cherry tomatoes
12 small radishes
2 sticks celery
½ cucumber
Bunch fresh chives
500g cooked salad potatoes
(e.g. Charlotte potatoes) OR
1 x 800g can new potatoes, drained
2 cooked chicken breasts,
skin removed

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- If using fresh potatoes, cook them in advance to make this a quick recipe.
- It is ok to chop the chicken on the same board as the salad as the chicken is already cooked and will be mixed with the salad ingredients without any further cooking.
- Cover the prepared salad and store in the fridge until needed.

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Method

1. First make the dressing. Wash the mint and dry with kitchen paper. Finely chop the leaves with a pair of scissors.
2. Put the mint in a small jug and measure in the oil, lemon juice or vinegar and Worcestershire sauce. Mix thoroughly using a fork or a small whisk.
3. Next, make the salad. Wash the tomatoes, radishes, celery, cucumber and chives.
4. Slice the cucumber into ½cm slices, then cut them in half.
5. Slice the celery into small ½cm slices. Cut the radishes into quarters and cut the tomatoes in half.
6. Chop the chives into 1–2cm pieces using a sharp knife.
7. Drain (if using canned) and halve or quarter the cooked potatoes into bite-sized pieces.
8. Put the prepared ingredients together in the salad bowl, add the dressing and combine gently to prevent the potatoes breaking up.
9. Chop the cooked chicken into bite-sized pieces, add to the salad ingredients. Stir gently once or twice to combine the ingredients.
10. Arrange the salad in the bowl and serve.

Something to try next time

- For a vegetarian option use one 400g can of butter beans (drained) instead of the chicken and omit the Worcestershire sauce.
- Just before you serve the salad, stir in a peeled and sliced ripe avocado tossed in a squeeze of lemon (1 x 5ml spoon). Avocado and mint are a good combination and would make a delicious addition to this salad.

Prepare now, eat later

- Wash all vegetables in advance and store in bags in the fridge for up to 2 days.
- Cook the chicken and potatoes then allow to cool down as quickly as possible before covering and storing them in the fridge for up to 24 hours.
- Make the dressing and prepare the salad up to 4 hours in advance, but only dress the salad just before serving to keep it fresh and crisp.

Skills used include:

Washing, measuring, chopping, mixing and serving.