



CHICKEN & NECTARINE SUMMER SALAD

WITH CURRY AIOLI DRESSING

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 25 minutes

This super easy chicken and nectarine summer salad has become a regular in our household! It's fresh and light with a surprising yet delicious combination of flavours.



1. PREPARE SALAD INGREDIENTS

Slice cucumber into rounds. Finely dice nectarines. Slice or dice avocado and cut beetroot into wedges.

2. COOK CHICKEN

Season chicken well with salt and pepper. Heat oil in a large frying pan over medium-high heat. Cook chicken until browned all over and cooked through (8-10 minutes).

3. MAKE DRESSING

Whisk together yoghurt, aioli, water, honey, mustard and curry powder (start with 1/2 teaspoon and add more if required - I find 3/4 teaspoon perfect). Season to taste with salt and pepper.

4. SERVE

Divide lettuce, cucumber, avocado and beetroot between individual serving plates. Top with chicken and nectarine. Drizzle with dressing and sprinkle with cashew nuts.

SALAD

- 1/2 telegraph cucumber
- 2 nectarines
- 1 large avocado
- 6 baby beetroot (canned or vacuum-packed)
- 120g mesclun lettuce (4.2oz)
- 1/2 cup roasted, salted cashews (70g)

- 1 tsp olive oil

DRESSING

- 1/3 cup plain, unsweetened yoghurt (80ml)
- 3 Tbsp aioli
- 2 1/2 Tbsp cold water
- 1 tsp honey
- 1 tsp wholegrain mustard
- 1/2 - 1 tsp curry powder

CHICKEN

- 600g chicken tenderloins (1lb 5oz)



WINE MATCH: Either a Gewürztraminer or a Riesling pair nicely.

CHICKEN & NECTARINE SUMMER SALAD RECIPE NOTES

GLUTEN-FREE OPTION: Make sure cashews, aioli and curry powder are gluten-free.

INGREDIENT NOTES / SWAPS: Nectarines could be swapped for fresh peaches. I used canned baby beetroot for this meal. The smallest can I could find was 450g (1lb) and I had some beetroot left over. The vacuum-packed bags of beetroot would be a good option too. If you prefer, you can use canned beetroot slices or chunks, or grated raw beetroot. Use sliced chicken breast as an alternative to chicken tenderloins.

BULK IT UP: For extra protein, pan-fried prawns make a really nice addition to this salad. Cooked quinoa would be a good carb to add.

STORING AND REHEATING: Store salad, chicken and dressing separately. Assemble just before serving. Chicken can be reheated (oven, microwave or frying pan) or served cold.