

Curried Chicken & Apricot Salad



Makes:

4 servings, main course

Utensil:

12" Chef's Gourmet Skillet

large mixing bowl

7" Santoku Knife

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Contributed By:

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Recipe Description:

Pan (non) fried chicken gets a big pop of flavor with a simple curry dry rub. Curry powder is a mixture of fragrant spices that vary greatly from region to region. Curry is often used in South Asian cuisines. Most curry blends include turmeric, cumin, coriander and chili peppers with the addition of other spices. There are many delicious curry blends available in the spice section of your local market. Some curries have a hint of sweetness while others can have varying degrees of heat. Experiment and find a curry blend you like for an easy way to add flavor to many dishes.

1
pound
chicken breast, boneless, trimmed
(454
g)

1
teaspoon

curry powder

(2

g)

¹?₄

teaspoon

natural salt

(2

g)

3

scallions, minced

¹?₄

cup

dry apricots, minced

(33

g)

¹?₄

cup

cilantro leaves, minced

(4

g)

¹?₃

cup

mayonnaise, light

(80

g)

1

tablespoon

lemon juice, fresh

(15

mL)

salt and pepper to taste

Optional

whole grain pita bread

bean sprouts

Directions:

1. Season chicken breast with curry and salt; rub in to the chicken to coat thoroughly.
2. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, place chicken in skillet and cover, with lid slightly ajar. Cook chicken on both sides until browned and cooked through, approximately 4 - 5 minutes on each side.
3. When chicken is cooked remove from skillet and cool.
4. Cut chicken into small pieces, or shred with two forks.
5. Place scallions, apricots, cilantro, mayonnaise and lemon juice in bowl. Stir to combine.

6. Add chicken to mixture and stir to combine. Taste and season with salt and pepper.
7. Serve chicken in warm pita bread and top with sprouts or serve on bed of lettuce.

Tips:

- Substitute dry apricots with chopped mango or apple.

Nutritional Information per Serving

Calories:

228

Total Fat:

8g

Saturated Fat:

1g

Cholesterol:

71mg

Sodium:

363mg

Total Carbs:

11g

Dietary Fiber:

1g

Sugar:

6g

Protein:

27g

Nutritional analysis does not include pita bread or lettuce