



CHICKEN SALAD with MANGO CURRY DRESSING

Serves 30

1kg Container Spring Mix
1kg Bag of Spinach
6 Cooked Chicken Breasts
2 Pears
1 Large Red Onion
1 ½ Cup (375ml) Pine Nuts

Mango Curry Dressing:
1 Ripe Mango or 1 Can of
Mangoes (with some juice)
½ Can (398ml) Coconut Milk
Juice from ½ lime
½ Cup (125ml) Olive oil
1Tbsp (15ml) Curry Powder

1. In a large bowl combine spring mix and spinach.
2. Cut chicken into thin strips. Add to salad mixture.
3. Slice red onion into thin rounds. Add to salad mixture.
4. Dice pears. Toss into salad mixture.
5. Sprinkle with pine nuts.

MANGO CURRY DRESSING

1. Peel and cut mango or open can of mangoes. Save ½ the juice.
2. Put into blender or hand mixer container.
3. Add coconut milk, curry powder, juice from lime, and olive oil.
4. Blend and serve.

Options: Add fresh mango slices to your salad