

# coronation chicken salad

This is the best thing about the monarchy – the invention of Coronation Chicken back in 1953. Good versions of this make the best sandwiches and, in this case, a mighty fine salad.

## Serves 2

200g new potatoes  
4 spring onions, finely chopped  
1 tsp white wine vinegar  
1 tbsp extra virgin olive oil  
salt and freshly ground black pepper  
100g mayonnaise  
50g smooth curry paste  
(you might need to soften it with a little hot water)  
20g sultanas  
15g flaked, toasted almonds  
2 small ready-to-eat chicken breasts  
1 tbsp coriander leaves  
bunch watercress

## top tip:

A good way to save money is to buy a whole chicken and cut off the breasts for this dish. You can freeze the leftover chicken and use it in other dishes.

**Serve the chicken with a hunk of walnut bread to mop up the sauce.**

- 1** Cook the spuds in boiling salted water for 15 minutes, until they are nearly soft.
- 2** While they are still hot, cut the potatoes into quarters and place in a bowl with the spring onions, vinegar and oil. Toss together well (the warm spuds will absorb the dressing). Season, to taste, with salt and pepper. Leave to cool.
- 3** In another bowl, mix the mayonnaise with the curry paste.
- 4** When the potatoes have cooled, combine the mayonnaise mixture with the spuds. Stir in the sultanas and almonds.
- 5** Slice the chicken thickly, across the face of the breast.
- 6** Add the chicken and coriander to the potato mixture and stir gently to combine.
- 7** Place a handful of watercress on each plate and serve a generous portion of the chicken salad on top.

# salads

Summer is an ideal time to try out these new fruit and vegetable salads. Choose one with protein for a filling at-work lunch.

## SALMON SALAD WITH SPINACH AND CORN

**Hands-on:** 15 minutes

**Total:** 15 minutes

**PointsPlus value per serving:** 6

*This nutritious salad is loaded with protein-rich salmon and leafy green spinach. Be sure to place the fish on one side of the pan so there is room to roast the corn at the same time.*

- 2 (6-ounce) skinless salmon fillets
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ cup fresh corn kernels
- 2 teaspoons chopped fresh dill
- 1 (6-ounce) package fresh baby spinach
- 15 cherry tomatoes, halved
- ½ cup light olive oil vinaigrette

1. Preheat broiler.

2. Line a jelly-roll pan with foil. Place fish on one side of pan; sprinkle with salt and pepper. Broil 3 to 4 minutes or until fish is opaque. Add corn to other side of pan. Broil 3 minutes or until fish is desired degree of doneness.

3. Sprinkle fish and corn with dill; cool 2 minutes. Break fish into chunks. Divide spinach among 4 bowls; top with tomatoes, fish, and corn. Drizzle with vinaigrette. Serves 4 (serving size: 1 cup spinach, 8 cherry tomato halves, ¼ of salmon, 2 tablespoons corn, and 2 tablespoons vinaigrette).

**PER SERVING:** CALORIES 219; FAT 11.8g (sat 1.9g, mono 5.1g, poly 2.9g); PROTEIN 19g; CARB 11g; FIBER 2g; CHOL 47mg; IRON 2mg; SODIUM 436mg; CALC 48mg

### TIP

*The fresher the corn, the better it tastes. That's because as soon as corn is picked, its sugar starts converting to starch, which lessens the natural sweetness. So it's important to buy corn and cook it as soon as possible after it's picked. To de-kernel corn, cut about ½ inch from the tip of each ear to create a flat base on which to stand the cob while removing the kernels. Stand the cob upright in a pie plate or bowl to catch the kernels, and use a sharp knife to slice away the kernels in a slow, sawing motion.*