

Coronation Salad (Serves 4)

Ingredients

2 skinless chicken breasts, cooked and cut into chunks – check fat exchange list for fat content

110g seedless grapes, halved

1 stick of celery, finely chopped

1 tablespoon sultanas or raisins

1 can sweetcorn, drained

1 red pepper, deseeded and chopped

1 apple, cored & diced

Dressing

MCT Mayonnaise

1 tablespoon lemon juice

2 tablespoons mango chutney

2 teaspoons mild curry powder

Salt & pepper

Method

1. In a large bowl combine all dressing ingredients and mix well.
2. Add remaining ingredients to the dressing and carefully stir well to coat all ingredients.
3. Serve with green or herb salad.

Optional

Add 250g cooked basmati rice or cooked pasta.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics