

## Chicken and garden vegetable salad with new potatoes

Serves 10

### Ingredients

5 cooked chicken breasts, skin removed	30 cherry tomatoes, halved
5 (450g) apples, peeled and cored	150g cucumber, chopped
5 (150g) sticks celery	200g cooked frozen vegetables
2 carrots (200g) peeled and grated	2 tbsp natural yoghurt
30 seedless grapes, halved	3 tbsp mayonnaise
300g baby new potatoes	3 baby gem lettuces

### METHOD

- Chop the chicken into small pieces and prepare all the fruits and vegetables
- Meanwhile cook the new potatoes
- Mix together the yoghurt and mayonnaise
- Toss the salad ingredients in the yoghurt and mayonnaise dressing
- Separate the lettuce leaves and wash
- Spoon the chicken salad mixture onto 3-4 of the lettuce leaves
- Serve with 2-3 new potatoes



- Cook's tip- use pre-mixed frozen vegetables for additional colour and to make a puree for weaning diets
- For dairy free diets omit yoghurt and replace with soya natural yoghurt
- For egg-free diets, omit mayonnaise and use yoghurt only
- For vegetarian diets omit chicken and replace with canned mixed beans in unsalted water or quorn pieces

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
162	6.8	4	9.5	2.5	0.6	0.9	168