

Coronation Chicken

We have brought the recipe up-to-date using healthier ingredients that are lower in fat than the original recipe. This is a great way of using up leftover cooked chicken or turkey. It makes a great party food and can be multiplied to serve more people. It should be served cold with rice and salad and it is great in jacket potatoes, wraps, sandwiches and even on toast.



Egg, milk and mustard*

Nutritional information per portion (167g):

Energy	Fat	Saturates	Sugars	Salt
1044kJ 248kcal 12%	9.7g 14%	2.2g 11%	11g 12%	0.6g 10%

of an adult's reference intake.
Typical values per 100g: energy 625kJ/149kcal.

Equipment

Weighing scales
Sharp knife
Chopping board
Measuring spoons
Large mixing bowl
Spatula or mixing spoon
Tasting spoon
Colander

Ingredients

Serves 4
400g cooked chicken
OR turkey, without bones
or skin
1 x 15ml spoon mango
chutney
1 x 5ml spoon medium
curry powder
4 x 15ml spoons reduced-
fat mayonnaise
2 x 15ml spoons low-fat
natural yoghurt
1 eating apple
4 spring onions
25g sultanas
Lettuce OR watercress,
to serve (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- You can substitute curry powder for paste. Try 2 x 5ml spoons, but be careful to check on the jar that it can be used in uncooked sauces. Most curry paste states on the pack that it should only be used in cooked dishes; if this is the case then DO NOT use curry paste.
- Chunks of chicken are better than ready-sliced chicken in this dish.
- Double the recipe to serve 8.

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Method

1. Cut the chicken into bite-sized pieces or tear the meat into pieces with your hands.
2. To make the sauce, measure the mango chutney and curry powder and put into the large mixing bowl. If the mango chutney is lumpy, cut the chunks up finely with a sharp knife.
3. Add the mayonnaise and the yoghurt then mix well and taste. Adjust the flavour, adding more curry powder if it is too mild and more mayonnaise or yoghurt if it is too hot.
4. Wash the apple and spring onions using the colander and drain. Top and tail the spring onions and remove the outside layer, chop each one width ways into 1cm circles. Prepare the apple by first quartering, then cutting away the core and pips. Cut into 1cm cubes, keeping the peel on.
5. Add the chicken, spring onions, apple and sultanas to the curry mixture. Stir well until everything is coated with the sauce.
6. Serve on a bed of lettuce leaves or watercress, if required, or in individual portions.

Something to try next time

- Try adding half a fresh ripe mango, peeled and cut into 1cm cubes, or 4 apricots chopped into 1cm pieces. 50g of halved grapes or a finely chopped celery stick also works well.
- Vegetarians can leave out the chicken to make a variation of coleslaw and add extra crunchy chopped vegetables.

Prepare now, eat later

- It is a good idea to prepare the curry mayonnaise (steps 2 and 3) up to a day ahead to allow the flavours to develop. Cover and store in the fridge.
- Providing the chicken is within its use-by date, the whole dish can be made up to 24 hours in advance to allow the flavours to develop. Store, covered, in the fridge and stir before serving. The mayonnaise should prevent the apple from browning.
- When buying hot barbecued chicken from a supermarket it is usually recommended that it is eaten within 24 hours, so allow for this when making this dish. Cool and refrigerate the chicken as quickly as possible.

Skills used include:

Weighing, measuring, chopping, mixing/combining and serving.