

Fresh for Kids® Mango & chicken salad with minted yoghurt



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Mango & chicken salad with minted yoghurt

Preparation: about 20 minutes
Cooking: about 10 minutes
Serves: 4

1 tbs olive oil
2 chicken breast fillets, halved horizontally
150g snow peas, trimmed
2 mangoes, peeled and sliced
1 green onion (shallot), thinly sliced
2 Lebanese cucumbers, halved lengthways and sliced
Crunchy fried noodles, to serve

Minted yoghurt

1/3 cup yoghurt
1 tbs lemon juice
1 tbs water
1 tbs finely chopped mint leaves
Salt and ground black pepper

1. Heat oil in a medium non-stick frying pan over medium heat. Add chicken and cook for 3–4 minutes on each side until golden and just cooked through. Drain on paper towel. Set aside to cool slightly.
2. Blanch snow peas in a small saucepan of boiling water for 1 minute. Drain, refresh in cold water and pat dry with paper towel. Combine snow peas, mangoes, green onion and cucumbers in a bowl. Shred chicken and add to mixture. Toss to combine.
3. To make minted yoghurt, place ingredients into a bowl and season with salt and pepper to taste. Stir to combine. Spoon chicken salad into serving bowls, sprinkle with crunchy noodles. Serve with minted yoghurt.

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Mangoes

- An excellent source of vitamin C which helps the body defend itself against infection.

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