

Recipes

Coronation Chicken with Croutini

Serves 4.

Preparation Time: 15 - 20 minutes.

Chill for at least 1 hour before serving.

Ingredients:

- 4 skinless & boneless Chicken or Turkey Breasts diced into bite size chunks
- 2 cloves of Garlic - crushed
- 1 large Onion - chopped finely
- 1 tablespoon of Sultanas
- 6 dried Apricots - finely chopped
- 1 tablespoon of medium Madras Curry powder
- 4 heaped tablespoons of Mayonnaise
- 1 tablespoon light and mild Olive Oil

Method:

1. Heat the oil in a shallow frying pan and gently fry the onion and garlic.
2. Add the Chicken or Turkey breast meat and cook through for approximately 10 minutes.
3. Transfer to a dish and cool rapidly.
4. Mix together the dried fruit, Curry Powder and Mayonnaise.
5. Evenly coat the cooled Chicken.
6. Chill for at least 1 hour to let the flavours combine.

Serve with your favourite Croutini - ideal as a light lunch.

