

Coronation Chicken

This coronation chicken recipe is incredibly versatile. Use it as a sandwich or baked potato filling, or serve it with couscous for a packed lunch or picnic. Extra fruit and vegetables can also be added, such as dried or fresh apricots, peaches, peppers or spring onions etc. You can also try adding some fresh herbs, like coriander or parsley. The recipe below serves four.

Ingredients

1 x 150g pot of low fat natural yogurt

4 tbsp low fat mayonnaise

1-2 tbsp mild curry powder

1 tsp runny honey

1 x 240g cooked chicken (chopped)

1 celery stick (washed and sliced)



Method

1. Mix together yogurt, mayonnaise, curry powder and honey.
2. Combine with other ingredients and season to taste.

The recipe above is taken from our Confidence to Cook book. The Recipe for Life project is delivered by Home-Start Aberdeen in partnership with NHS Grampian.