Poached chicken and orange salad

Ingredients from OUR garden:

- 2 hearts of lettuce (can be mixed)

Other ingredients:

- 2 chicken breast fillets
- ½ cup mayonnaise
- ¼ cup greek yoghurt
- 1 TBS mango chutney
- 1 tsp curry powder
- 1 orange
- 1 cucumber

Equipment needed:

- Large saucepan
- Tongs
- Chopping board
- Knives
- Serving platter
- Salad spinner
- Jug
- Spoon
- Tongs

Method:

1. Place chicken in a large saucepan. Cover with water. Bring to the boil over medium heat. Reduce and let simmer for 7 minutes.
2. When cooked turn off heat, remove pan from heat and let chicken stand.
3. Cut the stems off the lettuce. Wash. Tear into bite sized pieces. Place leaves in salad spinner and spin to dry. Place on serving platter.
4. Peel orange and cut into wedges. Place on top of lettuce leaves.
5. Trim ends off the cucumbers and slice thinly. Place on top of salad.
6. Remove chicken and slice thinly. Arrange on top of salad.

TO MAKE DRESSING

1. Combine ½ cup mayonnaise, ¼ cup greek yoghurt, 1 TBS mango chutney and 1 tsp curry powder in a jug. Stir to combine.
2. Drizzle the dressing over the salad.

Focus keeper:_______________________________
Quiet Captain: ____________________________
Materials Monitor: _________________________