

Curried Chicken Salad

by Margaret Fulton

3 Celery Sticks
375g (12oz) cooked Chicken, cut into strips
1 x 225g can Pineapple, drained
60g (2oz) split Almonds, browned
6 tablespoons Mayonnaise*
4 tablespoons natural Yogurt
1 teaspoon Curry Paste
1 tablespoons Tomato Ketchup
few lettuce leaves

Cut the celery into 3.5 cm x 5 mm (1½ x ¼ inch) julienne strips. Place in a bowl with the chicken, pineapple and almonds. Toss the ingredients together.

Mix the mayonnaise, yogurt, curry paste and tomato ketchup together, pour over the chicken salad and mix thoroughly.

Place the lettuce on a serving dish and spoon the chicken mixture into the centre.

Serves 4 to 6.