

Smoked Chicken & Fruit Salad



Serves 4 - 5

Prep 25 mins

No cook

Easy

Ingredients

1 lettuce, shredded
2 celery sticks, chopped
1 red pepper, cored, seeded & sliced
25g pine nuts or walnuts, chopped
75g green seedless grapes, peeled & halved
1 dessert pear, peeled, cored & sliced
225g smoked chicken, skinned, boned & cut into cubes or strips

Dressing

2 tbsp plain, unsweetened yoghurt
2 tbsp mayo
2 tbsp grated cucumber
1/2 tsp chopped fresh tarragon
salt

Garnish

1 dessert pear, cored & sliced
a few fresh tarragon sprigs

1. In a large salad bowl, mix the lettuce with the celery, red pepper, pine nuts, grapes, pear and smoked chicken
2. Mix the yoghurt with the mayonnaise, cucumber and tarragon, blending well. Season to taste.
3. Just before serving, spoon the dressing over the salad ingredients and toss well to mix.
4. Garnish with slices of pear and a few sprigs of tarragon
5. Note: you can vary the nuts by using walnuts, or roasted peanuts. You can vary the dressing by using a mixture of 2 tbsp soured cream, 2 tbsp mayonnaise, 1 tbsp grated courgette or cucumber.