

Chicken and mango salad



Weight Watchers Recipe

★★★★☆
Ratings (30)

4

ProPoints®
Value

Prep time: 15 min Cook time: 0 min
Other time: 0 min

Serves: 4

Watch the recipe video to see how to make this yummy salad and get two other ideas on how to spin a basic chicken salad so you're never stuck for ideas.

Ingredients

1 individual Lettuce, Romaine or cos, torn into pieces

2 stick(s) Celery, cooked, thinly sliced

4 medium Spring Onions, finely chopped

1/4 individual Cucumber, thinly sliced

300 g Mango, (1 large), peeled, pitted and chopped

400 g Roast Chicken, light meat, skinless

150 g Fat Free Natural Yogurt

1 teaspoons (level) Curry Powder, mild

1/8 teaspoons Black pepper

4 sprig(s) Mint, Fresh, to garnish

Instructions

Share the Romaine or cos lettuce, celery, spring onions and cucumber between 4 serving plates or bowls. Top with an equal amount of the mango chunks, then share out the chicken between the portions.

To make the dressing, mix together the yogurt and curry powder. Spoon over the salads.

Serve, seasoned with a little freshly ground black pepper and scattered with a few mint leaves.

Notes

Here are the other two variants of this chicken salad:

© 2015 Weight Watchers International, Inc. © 2015 WeightWatchers.com, Inc. All rights reserved.
WEIGHT WATCHERS and **ProPoints**[®] are the registered trademarks of Weight Watchers International, Inc. and are used under license by Weight Watchers UK Limited and WeightWatchers.co.uk Limited.