



Curry Chicken Salad with Turkish Apricots and Pistachios

Reliable Recipes/Ann Hickey
insidewink.com

As summer approaches, it is useful to have a handful of go-to salads on file. With the ease of using a poached chicken breast, a quick dressing, and some staples in the pantry, this salad is one of our all-time favorites.

Curry Chicken Salad with Turkish Apricots and Pistachios

Ingredients

For the salad:

Organic Arugula	4 – 5 cups
Organic Chicken Breast	1 – poached and shredded
Organic Celery	2 Ribs, diced
Organic Carrot	1 Large, diced
Organic Edamame	½ cup, shelled
Organic Green Onions	3-4 thinly sliced
Organic Dried Apricots	1/4 cup thinly sliced
Organic Unsalted Pistachios	1/3 cup
Organic Cilantro	1/4 cup, roughly chopped

For the dressing:

Organic Goat Yogurt	¼ cup
Organic Mayo or Vegan Mayo	1/3 cup
Organic Lemon	1 medium sized, juiced
Organic Curry Powder	1 tsp.
Organic Cumin Powder	1/2 tsp.

Organic Turmeric Powder	¼ tsp.
Organic Coriander Powder	¼ tsp.
Kosher Salt	¼ tsp.
Pepper	6-8 grinds

Directions

To poach the chicken breast – bring a pan of water with lemon slices, a couple of bay leaves and curry leaves (if you have them on hand) to a boil.

Place the chicken breast in the boiling water, lid it fast, and take it off the heat. Leave it in the hot water for up to an hour. But it should be fine after twenty minutes.

Remove the chicken from the water and let it rest for about five minutes.

Shred using a fork or gloved hands.

Combine the salad ingredients, minus the arugula, and toss gently.

For the dressing, combine each of the ingredients in a small glass or metal bowl, whisk and taste for adjustment of salt or pepper.

If you like a slightly sweet taste to your curry salad, add a few drops of agave syrup.

Plate by arranging about 1 cup of arugula as the base, then 1 cup of mixed chicken ingredients and top with a generous drizzle of the curry dressing.

Serve with whole wheat pita and enjoy!

SERVES 4

**Find more of Jean Trebek's Reliable Recipes
on [insidewink.com](https://www.insidewink.com)**