



# Warm Chicken, Lentil & Mango Salad

with indian dressing



2 chicken breasts  
1 clove garlic, crushed  
1/2 cup Burrum Biodynamics dry lentils  
3 cups water  
2 tbsp olive oil.  
1 cup frozen peas, thawed  
2 tbsp chicken stock  
1 fresh mango sliced  
1 red onion, finely sliced  
1/2 cup coriander leaves  
Optional: 6 pappadums

#### DRESSING

1/3 cup Greek yoghurt  
1/4 cup mayonnaise  
1 tbsp Indian curry paste  
2 tsp lemon juice

Bring water to the boil then simmer lentils until tender for approx 25 mins then drain.

Chicken breasts can be cooked in oven or fry pan till white through then sliced.

Heat oil in a large frying pan on medium. Saute garlic for 1 minute then add cooked lentils, peas and stock. Simmer for 2 minutes.

#### DRESSING

Combine dressing ingredients in a small jug and whisk till mixed.

Pile lentil and pea mixture onto a serving platter. Top with sliced chicken, sliced mango, sliced onion and coriander. Drizzle with dressing. Optional: Top with broken pappadums.

Serves 4 people.