

# CURRIED CHICKEN & ASPARAGUS SALAD

A recipe by **FoodNouveau**

## INGREDIENTS

Serves 2

### *For the mayo*

- ¼ cup [60 ml] mayonnaise (or half-and-half mayo/plain yogurt)
- 1 tbsp [15 ml] freshly squeezed lemon juice
- 1 tsp [5 ml] Madras curry powder
- ¼ tsp [1.25 ml] cayenne pepper

### *For the salad*

- 1 cup [250 ml] chopped leftover cooked chicken
- ½ cup [125 ml] chopped cooked asparagus (about 10 stalks - see note)
- 1 green onion, thinly sliced
- 2 tbsp [30 ml] toasted sliced almonds
- 2 tbsp [30 ml] Italian parsley, finely chopped

## METHOD

In a medium mixing bowl, whisk the mayo ingredients together. Add all the salad ingredients to the bowl. Mix well to make sure all the ingredients are coated with the curry mayo. Taste and season with salt if needed.

Serve in a bagel, a pita bread, in a sandwich or on a bed of lettuce.

**Note:** To cook the asparagus: snap the stalks to get rid of the thicker, fibrous ends. Rinse the asparagus and put them, still wet, in a microwave-proof bowl. Cover with plastic wrap, then cook for about 1 minute; make sure to adjust the cooking time according to the thickness of the asparagus you're using. You want the asparagus crisp-tender, not mushy. Rinse the asparagus under cold water to stop the cooking and cool them off. Chop and add to the salad.

