

Low-fat new-look fave

A contemporary take on one of the world's favourite salads

Poached Chicken Waldorf

SERVES 6 **PREP 15 MINUTES** **COOK 20 MINUTES**

+ DIY idea Add 1 teaspoon dijon mustard to yogurt dressing. **+ Top tip** Keep chicken poaching liquid to use as stock.

- 12 chat (baby) potatoes
- 1 teaspoon whole black peppercorns
- 2 (600g) chicken breast fillets, trimmed
- 2 medium green-skinned apples
- 1 medium red-skinned apple
- 3 celery sticks, thinly sliced
- 1/2 cup walnuts, chopped
- 2/3 cup low-fat natural yogurt
- 2 1/2 tablespoons lemon juice
- 12 butter lettuce leaves, trimmed

- 1 Place potatoes in a large saucepan; cover with cold water. Bring to the boil. Boil for 10-12 minutes or until tender. Drain. When cool enough to handle, cut in half.
- 2 Meanwhile, one-third fill a large saucepan with water. Place

over high heat. Add peppercorns; bring to a simmer. Add chicken; reduce heat to low. Cover and simmer for 10-12 minutes or until chicken is just cooked. Transfer to a heatproof plate. Cover loosely with foil; rest for 5 minutes. Slice crosswise.

3 Cut apples into thin wedges. Remove seeds; cut wedges, crosswise, into thirds. Transfer to a large bowl. Add celery, walnuts and potato. Whisk yogurt and juice in a small jug. Season. Add to apple mixture; fold salad gently to coat.

4 Arrange 2 lettuce leaves on each serving plate. Top with chicken and salad. Serve.

Nutrition/serve 1801kJ; 12g fat (2g sat); 38g protein; 39g carbohydrate; 7g fibre **+**

TIPS & TRICKS

- + Chicken** Breast fillets and tenderloins are the leanest cuts of chicken. They'll remain tender and succulent when you poach them.
- + Natural yogurt** Low-fat natural yogurt adds extra creaminess to any dressing. It also works well with any flavour combination.
- + Nuts** While nuts contain fat, it's healthy fat that may help reduce your risk of heart disease.

Easy



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