



# Low FODMAP Creamy Chicken Salad

PREP IN 15 MIN COOKS IN 1 SECOND SERVES 4

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Say hello to the ultimate low FODMAP creamy chicken salad. This classic salad recipe is just waiting for you to make it!

It's full of crunchy cucumber, crisp pops of celery, juicy grapes, creamy dressing and gorgeous fresh herbs.

Enjoy this salad by itself, in little lettuce cups, as a sandwich filler or on crunchy rice cakes.

This creamy chicken salad is a crowd pleaser and easy enough for a week-day meal or to take to your next gathering.

**Prep in advance:** This recipe assumes you have leftover cooked chicken available. If you don't, then you'll need to poach some chicken. Instructions on how to do this are at the end of the method.

Egg free option: For an egg free option, use vegan mayonnaise.

## Ingredients

### CREAMY CHICKEN SALAD

**400 g** cooked chicken (shredded)

**120 g** fresh red or green grapes (6 grapes per serving)

**40 g** celery (weigh out the amount you need)

**1** small cucumber

**2 tbsp** fresh parsley (finely sliced)

**4 tbsp** spring onion (green leaves only, finely sliced)\*

**1/2 tsp** dried tarragon (or swap in 1 tbsp fresh tarragon for 4 servings)\*

**125 ml (1/2 cup)** mayonnaise\*

**2 tbsp** lemon juice\*

**2 tsp** dijon mustard\*

**Season with** salt & pepper

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## Method

1. Slice the cooked chicken into small pieces. See the end of the recipe if you need to poach the chicken first.
2. Slice the grapes into quarters. Weigh out and finely slice the celery, dice the cucumber, and finely slice the parsley and green leaves of the spring onion/scallion.
3. Place the sliced salad ingredients and chicken into a large bowl.
4. In a small bowl mix together the tarragon, mayonnaise, lemon juice, mustard and a few grinds of salt and pepper.
5. Pour over the mayonnaise dressing and toss until well combined. Chill the salad in the fridge until you are ready to serve. Enjoy!
6. **Storage notes:** You can keep this salad in the fridge for 3 days.
7. **How to poach chicken:** You'll need 2 chicken breasts to make 4 servings. Place the whole chicken breasts (skin removed) into a large saucepan, cover in cold water and place over medium-high heat. Bring to a gentle simmer, cover the saucepan with a lid, and then turn down the heat to medium-low. Simmer for 12 minutes until the chicken is cooked through - the internal temperature of the chicken should be 75°C (165°F). Remove the chicken from the water and allow it to rest for five minutes, then transfer to the fridge and allow the chicken to cool before using in the salad.