

**IDDSI Level 5**

**Lunch**

**Recipe source:**  
Oak House Kitchen

**Time to make:** 30 mins

**Servings:** 4

# Spiced Chicken Salad with Mango

## Ingredients:

### Spiced Chicken Salad

240g poached chicken breast – must be soft and diced to 4mm  
100g mayonnaise  
2 tsp curry powder or paste  
Lemon juice, salt and pepper – to taste

### Potato Salad

200g potato – peeled and chopped  
60g mayonnaise  
20g smooth pesto  
Salt and pepper – to taste

### Avocado Salad

250g ripe avocado – diced to 4mm  
50g roasted red peppers – skin removed and diced to 4mm  
Juice of 1 lime  
Salt and cayenne pepper to taste

### Mango Gel

200g tinned mango slices – drained  
Juice of 1 lime  
Food thickener

## Dietitian's Top Tips:

- If your goal is to gain weight, use full-fat mayonnaise.
- To add protein, use quark or cream cheese instead of mayonnaise.

## Instructions:

### Spiced Chicken

- Combine all the ingredients in a bowl and season to taste.

### Potato Salad

- Cook the potato in boiling salted water for 10 minutes until soft and tender.
- Strain the potato and cool then mash ensuring any lumps are compliant with IDDSI Level 5.
- Combine the cooked potato with the remaining ingredients then season to taste.

### Avocado Salad

- Gently stir all the prepared ingredients together and season to taste.

### Mango Gel

- Add the mango and lime juice to a blender and process until smooth.
- Strain the mango through a sieve to remove any particles.
- Use a food thickener to thicken the mango to a thick gel.

**Note:** To make smooth pesto, add a 200g of pesto and 50ml olive oil to a food processor and blend until smooth. Pass the pesto through a sieve and store in jars until use. The smooth pesto will keep in the fridge for a couple of weeks.