



THOUGHTFUL COOKING WITH TINA

# Chicken Salad with Beetroot Chips & Yoghurt Dressing (GF)

SERVES 2 · 45 MIN · GLUTEN-FREE

*A high-protein chicken salad with beetroot chips, soft-boiled egg, crisp apple and an aromatic panch phoran yoghurt dressing.*

## INGREDIENTS

### BEETROOT CHIPS

90 g beetroot, thinly sliced  
1 tbsp olive oil  
Pinch smoked paprika  
Salt and pepper, to taste

### POACHED CHICKEN

200 g chicken breast  
Water or low-sodium stock, to cover  
1 bay leaf  
A few sprigs thyme (or ½ tsp dried)  
2 thin slices lemon

### YOGHURT SAUCE

125 g sheep yoghurt (≈½ cup)  
2 garlic cloves, minced  
1 tsp toasted panch phoran  
1 tsp lemon juice  
1 tsp olive oil  
Salt and pepper, to taste

### TO ASSEMBLE

1 egg, poached  
250 g romaine lettuce, torn  
½ apple, grated  
40 g almond flakes, toasted

### ALLERGENS

Dairy (Yoghurt) · Eggs · Nuts (Almonds)

## METHOD

1. Preheat oven to 150°C. Using a kitchen mandolin set to 1 mm, slice the beetroot. Arrange the slices on a parchment-lined tray, drizzle with olive oil, and season with smoked paprika, salt, and pepper. For more even drying, place an inverted tray on the rack above. Bake for 35–45 minutes until crisp.
2. Place the chicken breast in a pan and cover with water or stock. Add the bay leaf, thyme, and lemon slices. Bring to a gentle simmer over medium heat and cook for 15–20 minutes until done. Remove, cool, and slice thinly.
3. Heat 1 tsp olive oil in a small pan and add the panch phoran. Toast for 1–2 minutes until fragrant, then let cool. Mix with the sheep yoghurt, garlic, lemon juice, salt, and pepper.
4. In a small saucepan, bring water to a gentle simmer and add a splash of white wine vinegar (optional). Crack each egg into a small cup and gently slide into the water. Poach for 3–4 minutes until the white is set but the yolk remains runny. Remove with a slotted spoon and set aside.
5. In a large bowl, combine the lettuce, grated apple, and toasted almond flakes. Top with sliced chicken and a poached egg per serving, then drizzle with the yoghurt sauce. Garnish with the beet chips.

### PER SERVING · estimated

~550 kcal · Protein ~47g · Fat ~32g · Carbs ~21g · Fibre ~5.5g