

Curry Chicken Salad with Avocado

This medium-spiced, slightly sweet, pleasantly creamy chicken salad is a star of our deli case. Serve it as a salad atop mixed greens with avocado and tomatoes, as we do at the store, or you can tuck it into a ciabatta or brioche roll with lettuce for a delicious sandwich. If you can’t find Major Grey’s chutney, substitute regular mango chutney and add 1 tablespoon fresh lime juice.

MAKES 6 SERVINGS

For the chicken salad

- 2 lb bone-in, skin-on chicken breast halves
- ½ yellow onion, cut into chunks
- 2 cloves garlic, smashed
- ½ cup dry white wine
- 1 tablespoon Madras curry powder
- 1 teaspoon ground turmeric
- 2 teaspoons kosher salt
- ½ teaspoon freshly ground pepper
- 1 large celery rib, finely chopped
- 2 green onions, white and green parts, thinly sliced
- ⅓ cup chopped roasted cashews
- ¼ cup packed shredded carrots
- ¼ cup chopped fresh flat-leaf parsley, plus more for garnish
- 3 tablespoons dried currants

For the dressing

- ½ cup mayonnaise
- ¼ cup plain yogurt or sour cream
- 3 tablespoons Major Grey’s chutney
- 2½ teaspoons Madras curry powder
- Kosher salt and freshly ground black pepper

To make the chicken salad, in a large saucepan, combine the chicken, yellow onion, garlic, wine, curry powder, turmeric, salt, and pepper. Add just enough water (2–3 cups) to cover the chicken. Bring to a gentle boil over medium-high heat, then reduce the heat to low, cover partially, and simmer gently until the chicken is cooked through, about 30 minutes, depending on the size of the breasts. Transfer the chicken to a cutting board and let cool.

Remove and discard the skin, bones, and any gristle from the chicken breasts and cut the meat into small bite-size pieces. You should have about 4 cups cooked chicken. Transfer the chicken to a large bowl and add the celery, green onions, cashews, carrots, parsley, and currants.

To make the dressing, in a small bowl, whisk together the mayonnaise, yogurt, chutney, and curry powder. Season with salt and pepper. Add the dressing to the chicken mixture and stir until evenly coated. Taste and adjust the flavors to your liking with more chutney, curry powder, salt, and pepper if needed.

To serve, in a bowl, toss the mixed greens with a drizzle of the vinaigrette. Divide the greens evenly among individual plates and top with the chicken salad. Arrange the avocado and tomato slices alongside the salad, dividing them evenly. Garnish the plates with parsley and serve.

Note: For serving, use 5 oz mixed salad greens (about 6 cups), ¼ cup Golden Balsamic Vinaigrette (page 214), 1 ripe avocado, halved, pitted, peeled, and thinly sliced, plus 1–2 large tomatoes, sliced.

