

Low FODMAP Maple Mustard Chicken Crunch Salad

Monash FODMAP Certified Recipe by A Little Bit Yummy

Serves: 4

Prep: 15

Cook: 30



Ingredients	Metric	Imperial
CRUMBED CHICKEN TENDERS		
Skinless chicken breast	450 g	15.87 oz
1 ½ cups Panko breadcrumbs	105 g	3.7 oz
½ tsp Salt		
3 tbsp Mayonnaise		
2 tsp Dried chives		
2 tbsp Fresh parsley, finely chopped		
HERB ROASTED POTATOES		
Potato	600 g	21.16 oz
1 tbsp Garlic infused oil		
½ tsp Dried oregano		
½ tsp Dried thyme		
Season with salt and pepper		
SALAD		
4 cups Iceberg lettuce, shredded	220 g	7.76 oz
1 ½ cups Continental cucumber	240 g	8.47 oz
1 cup Grated cheddar cheese, optional	114 g	4.02 oz
DRESSING		
3 tbsp Mayonnaise		
1 tbsp Dijon mustard		
½ tsp pure maple syrup (optional - add to taste)		
Season with black pepper		

Method

1. Pre-heat the oven to 200°C (390°F) bake function or 180°C (355°F) fan forced.
2. This recipe needs two roasting pans. Line one roasting pan with baking/parchment paper. Place a wire rack in the other roasting and lightly spray the rack with cooking oil (this will stop the chicken from sticking).
3. Prep the potatoes: Scrub the potato skins and slice the potato into small bite-sized pieces. Place in a bowl and drizzle over the garlic infused oil, sprinkle with thyme and oregano, then season with salt and pepper. Gently toss until the potato is evenly coated. Then place in the lined roasting pan.
4. Crumb the chicken: Slice the chicken breast into evenly-sized chunky strips. Mix the mayonnaise, dried chives, and chopped parsley in a shallow bowl. Next, mix the breadcrumbs, salt and black pepper in a separate bowl. Lightly roll each chicken tenderloin in the mayo batter and then into the breadcrumb mix. Place the crumbed chicken on the prepared wire rack in the roasting tray. Repeat until all chicken pieces are covered.

5. Bake the chicken and potato: Pop the potato and chicken in the oven and bake for 20-25 minutes until the potatoes are golden and crispy and the chicken is golden and cooked through.
 6. Prep the salad: While the potato and chicken cook, prep the remaining ingredients. Slice the iceberg lettuce and peel and chop the cucumber. Grate the cheese. Pop the lettuce, cucumber and cheese into a salad bowl.
 7. Make the maple mustard dressing: Mix the mayonnaise, Dijon mustard and maple syrup in a small bowl and season with black pepper.
 8. Once the chicken and potato are cooked, remove them from the oven. Allow to cool for a few minutes, then slice the chicken into bite-sized pieces.
 9. Assemble the salad: Add the potato and chicken to the salad bowl, toss gently to combine and drizzle in maple mustard dressing. Sprinkle with a little bit of chopped parsley if desired!
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Hints

Dairy free option: If you need to be dairy free, then leave out the cheese or swap in vegan cheese.

Gluten free option: Swap in gluten free breadcrumbs instead. You can make your own gluten free panko bread crumbs at home by taking 6 slices of gluten free white bread. Remove the crusts and break into small pieces, place them into a food processor and pulse into crumbs. Line a baking tray with baking/parchment paper, then add the crumbs over the tray in a single layer. Bake in the oven at 100°C (210°F) for 40 minutes or until completely dried.

Nutrition Information (per serve)	
Energy	2780 Kj / 664 cal
Protein	40.81g
Carbohydrates	40.31g
Sugar	5.30g
Total Fat	36.29g
Saturated Fat	9.44g
Fibre	5.48g