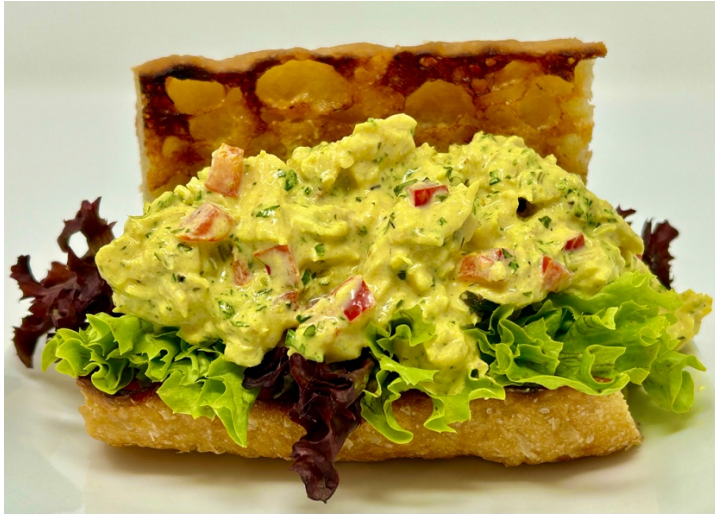




Mélange de France Chicken Salad

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 lb cooked chicken breast (see recipe for poaching chicken for this salad)
- 6 tablespoons O&V [Mélange de France Seasoning Mix](#) *
- 6 tablespoons water
- ¼ cup mayonnaise or vegan mayonnaise
- ¼ cup sour cream or Greek yogurt (can use dairy-free)
- ½ cup diced celery
- ½ cup diced red pepper
- ¼ cup minced parsley
- Salt and pepper to taste

Preparation

To make this salad in no time, purchase and chop cooked chicken breasts, or use chopped leftover rotisserie chicken with the skin removed.

To poach chicken for the salad: Cover the chicken breast in broth or water with herbs/aromatics (you can use parsley stems, garlic cloves, celery and/or bay leaf). Bring to a boil, then lower the heat and simmer for 5 minutes. Remove from heat and cover.

Let it sit for 15-20 minutes until the thickest part of the breast registers 160F on a meat thermometer. Strain and dice the chicken, discard the herbs if used.

In a large mixing bowl, soak the *Mélange de France* herbs with 6 tablespoons of warm water. Leave for 3-5 minutes. Mix in the mayonnaise and sour cream.

Combine the mayonnaise mix with the diced celery, red pepper, parsley. Add the chopped chicken. Taste, and adjust seasonings with some salt and pepper, as needed.

Heap onto toasted baguette slices or whole wheat bread and serve.

Serves 4

Active time 15 minutes Total Time: 15 minutes

Notes

* The [Mélange de France seasoning](#) mix adds a tangy and unique blend of flavors including coriander and curcuma which give it a distinctive taste. There is no easy substitute that provides a similar flavor profile, but you can use your favorite seasoning mix instead.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free Option, Appetizer, Poultry, Chicken Salad, Quick Lunch, Easy Sandwich, *Mélange de France*,