

Mustard Mayo Chicken Salad



 Serves: 4  Prep: 10 minutes  Cook: 20 minutes  [Stack Cup](#)

Salads are a great low FODMAP take to work option, and you can make them super portable by popping them in a preserving jar. I love this delicious and filling mustard mayo chicken salad. To make lunch prep quick and easy in the morning, make sure you cook the chicken and potatoes the night before (this also stops the salad wilting).

Metric

Imperial

ingredients

Chicken breast

150 g

1 Tbsp olive oil

18 g

2 medium potatoes	250 g
2 small radishes	40 g
1 small cucumber	130 g
2 medium tomatoes	300 g
2 packed cups of baby spinach	100 g
4 Tbsp mayonnaise (recipe below)	80 g
2 tsp wholegrain mustard	10 g
2 tsp lemon juice	10 g
½ tsp pure maple syrup	2 g
Salt and pepper, to season	

Method

Step 1

Scrub the potatoes and chop them into small pieces. Place them into a small saucepan, cover with water, and bring to a rolling boil over

medium high heat. Reduce heat to medium and allow to cook for 10 to 15 minutes until soft. Drain and set aside to cool or refrigerate overnight.

Step 2

Cut the chicken into cubes. Place in a bowl and mix through a drizzle of olive oil and a few grinds of salt and pepper. Preheat a medium sized frypan over medium high heat. Add the chicken, once the pan is hot. Fry for 4 to 5 minutes, stirring every now and then. Remove once the chicken is golden and cooked through.

Step 3

Prepare your salad ingredients. Wash and thinly slice the radishes. Dice the tomatoes. Peel and thinly slice the cucumber.

Step 4

Make the mustard mayo by mixing together the mayonnaise, lemon juice, maple syrup, and wholegrain mayonnaise. Then season with salt and pepper.

Step 5

Assemble your salad by dividing the ingredients between two jars. Place a layer of mustard mayo on the bottom of each jar, then add a layer of spinach, tomato, cucumber, radish, chicken and potato. Then repeat with remaining ingredients.

Step 6

Keep cold and eat within two days. Frozen icepacks are a great way to keep chicken salads cold at work.

Hints

- If possible prepare the potato and chicken the night before and leave to cool in the fridge. This will make salad assembly nice and quick in the morning and prevent your salad from wilting.
- Click [here](#) for a low FODMAP mayonnaise recipe