AMERICAN · LUNCH

Chicken Salad with Grapes, Almonds and Tarragon

40 min · Serves 6 · 506 kcal a serve · Video 7:02 · Downshiftology

Gluten-free ingredients · No dairy listed

38 g protein and 6 g net carbs a serve: poached chicken breast with celery, grapes, toasted almonds, parsley and tarragon in a lemony mayonnaise. Paleo with avocado-oil mayonnaise.

Diet notes: Paleo with a swap: avocado-oil mayonnaise instead of the mayonnaise.

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Ingredients 11 · SERVES 6

- [ ] 900 g **boneless**, skinless chicken breasts
- [ ] 150 g **red seedless grapes**, quartered
- [ ] 2 **celery ribs**, diced
- [ ] 3 **green onions** (white and green parts), sliced
- [ ] 220 g **mayonnaise**
- [ ] 1 tbsp **Dijon mustard**
- [ ] 45 g sliced **raw almonds**
- [ ] 2 tbsp finely chopped **parsley**
- [ ] 1 tbsp finely chopped **fresh tarragon**
- [ ] **Lemon juice**: juice of 1 lemon (about 3 tbsp)
- [ ] **salt and black pepper** to taste (plus 1 tsp salt for the poaching water)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Tree nuts, Celery, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the chicken in a pot and cover it by about 2½ cm with cold water. Add 1 tsp salt, plus aromatics such as parsley stems, onion, garlic, lemon slices and peppercorns if you like. 1:17
2. Heat over medium. When the water reaches a gentle simmer, cover, turn the heat to low and cook 8–12 minutes, until the thickest part reaches 74°C. 1:49
3. Rest the chicken on a board for a couple of minutes, then refrigerate it until completely cold. 2:21
4. Toast the almonds in a dry pan over medium-low heat for 4–5 minutes, stirring often, then cool them on a plate. 2:49
5. Dice the celery, slice the green onions, quarter the grapes and finely chop the parsley and tarragon. 3:24
6. Dice the cold chicken into pieces about 1 cm. Add the grapes, celery, onions, almonds, mayonnaise, mustard and herbs, season with salt and pepper, squeeze in the lemon juice and stir until creamy. 4:58

> **Tip** Everything must be cold before the mayonnaise goes in, or it turns oily.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
506 kcal	38 g	8.1 g	1.7 g	36 g	750 mg
2,120 kJ	75% of a day	6.4 g net · 5 g sugars	6% of a day	5.7 g saturated	32% of a day
		3% of a day		46% of a day	

Energy from net carbs 5% · protein 30% · fat 65% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 164% · Vitamin K 87% · Selenium 60% · Vitamin B6 43% · Vitamin E 24% · Vitamin B12 21%

Source of (10–19%) Magnesium 15% · Zinc 14% · Potassium 10% · Iron 10%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=cSAGdGSdE6k. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-chicken-salad-grapes-tarragon