



The Ultimate Guide to Making a Delicious McChicken Salad

Description

Ingredients

150g of chicken breast

20g of cornflakes

Pinch of salt, pepper, paprika, garlic

Chopped lettuce

Handful of sliced gherkins

Handful of chopped tomatoes

1/2 an onion, sliced

20g of egg white

For the Sauce:

1 tbsp of light mayo

1 tbsp of ketchup

1/2 tsp of mustard

Execution

Preparation Steps

Before we dive into the step-by-step instructions, let's get all our ingredients ready. Preparation is key to making the cooking process smooth and enjoyable.

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Step 1: Preparing the Chicken

First, let's get the chicken ready:

Crush the cornflakes ⚙️: Combine the cornflakes with salt, pepper, paprika, and garlic.

Coat the chicken: Dip the chicken breast in egg white, then coat it with the seasoned cornflakes.

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Step 2: Air Frying the Chicken

Next, let's cook the chicken:

Air fry the chicken: Place the coated chicken in an air fryer and cook for 8 minutes at 180°C (350°F). Make sure it's cooked through and crispy.

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Step 3: Preparing the Salad

While the chicken is cooking, let's prepare the salad:

Slice the vegetables: Chop the lettuce, slice the gherkins, tomatoes, and onion. Add them to a large bowl.

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Step 4: Making the Sauce

Now, let's prepare the sauce:

Mix the sauce ingredients: In a small bowl, combine light mayo, ketchup, and mustard. Mix well.

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Step 5: Assembling the Salad

It's time to put everything together:

Combine the salad and chicken: Once the chicken is done, slice it into bite-sized pieces. Add it to the salad bowl.

Drizzle the sauce: Pour the sauce over the salad and mix well to ensure everything is evenly coated.

Additional tips

Cooking Tips and Tricks

To ensure your McChicken Salad turns out perfect, here are some tips:

- **Crunchy chicken:** Make sure the cornflakes are crushed finely to coat the chicken evenly.
- **Fresh vegetables:** Use fresh and crispy vegetables for the best texture and taste.

Nutritional Information

Here's what makes this salad a great lunch option:

- **Calories:** Approximately 315 calories
- **Protein:** 47g of protein from chicken and egg whites
- **Other Nutrients:** Rich in vitamins and fiber from the vegetables

Health Benefits

This McChicken Salad is not only delicious but also packed with health benefits:

- **High in protein:** Helps in muscle repair and growth.
- **Rich in vitamins:** Tomatoes, lettuce, and onions provide essential vitamins and minerals.
- **Low in carbs:** The salad itself is low in carbohydrates, making it suitable for various diets.

Variations and Substitutions

Feel free to get creative with your salad:

- **Ingredient Substitutions:** Swap chicken breast with turkey breast or tofu for a vegetarian option.
- **Variations:** Add avocado slices, boiled eggs, or shredded carrots for extra flavor and nutrients.

Serving Suggestions

Make your meal even more enjoyable with these serving suggestions:

- **Pairing with bread:** Enjoy your salad with a slice of sourdough bread for extra carbs.
- **Adding sides:** Serve with a side of fruit or a smoothie for a complete meal.

Storage and Reheating

If you have leftovers, here's how to store and reheat them:

- **Storage:** Store the salad and sauce separately in airtight containers in the refrigerator.
- **Reheating:** Reheat the chicken in the air fryer for a few minutes to retain its crunchiness.

Conclusion

There you have it, a delicious and nutritious McChicken Salad that you can make in just 15 minutes.

This recipe is perfect for meal prepping and is sure to keep you full and satisfied. Give it a try and enjoy the burst of flavors!

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Date

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Meta Fields

Total Time : 15 minutes

Servings : 1

Prep Time : 5 minutes

Difficulty : Easy

Cooking Time : 10 minutes

Recipe Desc : Looking for an easy, nutritious, and protein-packed lunch? This McChicken Salad is perfect for meal prepping and only takes 15 minutes to make! With 315 calories and 47g of protein, it's a healthy option to keep you energized throughout the day. Plus, it's paired with sourdough bread for some extra carbs. Ready to dive in? Let's get cooking!

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