

Chicken and Surimi Salad with Horseradish Walnut Dressing

A refreshing and flavorful salad combining tender chicken, delicate surimi, fresh tomatoes, and crisp greens, dressed in a creamy horseradish and walnut oil vinaigrette with sautéed shallots and buttery notes.



Salad

15 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 100g cooked chicken breast, sliced
- 50g surimi sticks, chopped
- 1 medium tomato, diced
- 1 handful mixed salad greens
- 1 small shallot, finely chopped
- 1 tbsp walnut oil
- 1 tsp prepared horseradish
- 1 tbsp unsalted butter
- Salt and pepper to taste

Steps

- 1 Heat the butter in a small pan over medium heat. Add the chopped shallot and sauté until translucent and fragrant, about 2-3 minutes.
- 2 In a small bowl, whisk together the walnut oil and prepared horseradish. Season with salt and pepper.
- 3 In a large bowl, combine the sliced chicken, chopped surimi, diced tomato, and mixed salad greens.
- 4 Drizzle the horseradish walnut dressing over the salad ingredients and toss gently to combine.
- 5 Top the salad with the sautéed shallots for a sweet, aromatic finish.
- 6 Adjust seasoning with salt and pepper as needed and serve immediately.