



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mtevaz Lezzetler® Turkish cooking recipes

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## Cabbage Salad with Chicken

Tavuklu Lahana Salatas



4-5 leaves of cabbage  
1 chicken breast  
3 small pickles  
Half bunch parsley  
2 tbsp mayonnaise  
2 tbsp yogurt  
3 tbsp olive oil  
3 tbsp vinegar  
1 tsp flaked red pepper  
1 tsp salt

- # Boil the chicken breast and pick it into small pieces.
- # Cut the cabbage leaves into very small pieces. Add vinegar and salt on it. Knead it to soften.
- # Dice the pickles. Chop the dill thinly.
- # Transfer the prepared ingredients into a mixing bowl.
- # Whisk the mixture of mayonnaise, yogurt, olive oil and flaked red pepper in another bowl.
- # Then, pour the mayonnaise mixture over the other ingredients and mix.
- # Transfer the salad into a service plate and serve it.

**Note:** There is no need to add extra vinegar into the salad because of the vinegar which you used to knead the cabbage.