



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

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.