

Chicken and Risoni Salad



Serves	4-6
Prep time	40 minutes
Cook time	10 minutes
Total time	50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Lunch , Main Dish , Salad , Side Dish
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 1/2 cup Risoni pasta
- 1 1/3 cup cooked potato
- 1 1/2 cup Cooked chicken (diced)
- 1 1/2 tablespoon Mayonnaise (Refer to basics page)
- 1 x 240g can Bean mix (drained and rinsed)
- iceberg lettuce leaves (washed)

Optional

- 1/2 cup cooked carrot (diced)

Directions

1. Cook the pasta to al dente then drain, rinse and place in the fridge to cool.
2. Once the pasta has cooled, combine with the potato, carrot (if using) chicken and bean mix.
3. Line a large bowl with lettuce leaves and pour the salad into the bowl.
4. Drizzle the mayonnaise over the top and lightly toss through.
5. Serve, or store in the fridge until ready to eat.

Note

Low chemical / Failsafe without the carrot. Moderate salicylates with the carrot.

Click here for mayonnaise [recipe](#).

Quantities of chicken, carrot and potato were what I had on hand, but can varied. Risoni is a very small pasta that looks a bit like a big piece of rice, but you could use any type of pasta for this recipe.