

# Thousand Islands ancient grains Salad



## Ingredients

1.5kg Ardo Ancient grain mix  
350g Ardo Mexican-style herb mix  
300g Ardo Corn  
300g Ardo Mango  
100g pomegranate seeds  
500g smoked chicken breast  
2 red onions  
0.1l olive oil  
0.3l mayonnaise  
0.1l ketchup  
1sp Worcestershire sauce  
Lime juice and zest  
Pepper and salt

## Allergens

Gluten



## Preparation

Looking for a delicious and nutritious addition to your salad bar that will satisfy your customers' cravings for something both healthy and flavorful? Look no further than our Thousand Islands Ancient Grain Salad! This dish combines a variety of nutritious ingredients, including ancient grains, Mexican-style seasoning, sweet mango, smoky chicken, and more, to create a hearty and delicious salad that is perfect for any salad bar. Whether you're looking for a take-away option or a large volume serving, our easy-to-follow recipe will allow you to create this delectable dish in no time. So why wait? Follow our recipe and give your customers a taste of something truly special!

To make it for a large volume salad bar, simply follow these steps:

1. Begin by frying the ancient grain mix together with 250g of the Mexican-style seasoning mix in the olive oil. Season with salt and pepper, cool, and finish with some lime juice.
2. Thaw the mango and warm the corn briefly before cooling back.
3. Cut the red onion into fine brunoise and cut the smoked chicken into strips.
4. Mix the mayonnaise with the ketchup and the rest of the Mexican-style seasoning mix and Worcestershire sauce.
5. Mix the corn, red onion, and mango among the salad. Divide the salad among the plates, arrange the chicken on top, and finish with the dressing, zest of lime, and the pomegranate.

For an added twist, you can also include 20g of Ardo Tarragon, tarragon vinegar, olive oil, truffle mayonnaise, pepper, and salt.

The Thousand Islands Ancient Grain Salad offers a delicious and complex combination of flavors and textures. The ancient grains provide a nutty and chewy base, while the Mexican-style seasoning adds a smoky and slightly spicy kick. The sweet and tangy mango pairs perfectly with the smoky and savory chicken, while the crunchy corn and the zesty red onion provide a refreshing contrast to the other flavors.

The lime juice ties everything together and adds a bright and fresh element to the dish. Overall, this salad offers a unique and satisfying mix of sweet, savory, smoky, and spicy flavors, making it a perfect option for anyone looking to enjoy a healthy and delicious meal.

This delicious salad is sure to make an impact your customers, providing

them with a healthy and delicious option. The ancient grains, Mexican-style seasoning, and tropical fruits provide a unique and flavorful twist, while the smoked chicken and truffle mayonnaise add a touch of luxury. Try it out in your food service or catering business today!