

YIELD: 8

# Grilled Curry Chicken Salad (Keto Whole 30)

This easy to make curry seasoned grilled fall chicken salad is warm, lightly spiced, and a healthy way to enjoy dinner or lunch throughout the week.

**PREP TIME**  
20 minutes

**COOK TIME**  
8 minutes

**TOTAL TIME**  
28 minutes

## Ingredients

- 4 Butterflied Chicken Breasts
- 1/2 Red Onion, diced small
- 2 Celery Stalks, diced small
- 1 cup Grapes, halved
- 1/2-3/4 cup Mayo
- 3 Tbsp. Curry powder, divided
- Salt & Pepper to taste



## Instructions

Preheat your grill to 400 F and grease your grates with a high smoke point oil.

Butterfly your chicken breasts or completely halve them. Pat them dry and coat them in salt, pepper, and 2 Tbsp. of the curry powder and set them aside.

Dice up the onion, celery, and halve the grapes and set aside.

Grill the chicken, 3-4 minutes per side until each piece reaches 165 F internally. Remove them from the grill and let them cool before cutting.

In a mixing bowl, combine the diced curry chicken, the veggies and grapes, and mix in the mayo, remaining curry powder, and a little more salt and pepper. Stir so everything is nicely coated. Add mayo as needed/ desired.

Serve right away or in a few hours for more intense flavor!

# Notes

Serve by itself, over lettuce, or on a low carb bun (like a chaffle).

Nutrition Information: YIELD: 8 SERVING SIZE: 1

*Amount Per Serving:* CALORIES: 357 TOTAL FAT: 28g SATURATED FAT: 5g TRANS FAT: 0g  
UNSATURATED FAT: 23g CHOLESTEROL: 65mg SODIUM: 309mg CARBOHYDRATES: 6g  
NET CARBOHYDRATES: 4g FIBER: 2g SUGAR: 4g PROTEIN: 20g

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**CUISINE:** American / **CATEGORY:** Main Dishes

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