

Potato, chicken, and green bean salad with dill yoghurt dressing



Recipe written and photographed by Nutritionist Rosie Eyre of [By Rosie](#)

Looking for the perfect dish to serve up on Christmas Day? This tasty salad is ready in just **30 minutes**. It's designed with older adults in mind to be:

- Easy to digest
- High in protein
- Full of fibre-rich vegetables and fresh herbs

The **soft potatoes**, **tender chicken**, and **creamy yoghurt dressing** make it gentle to chew and kind on your stomach. Even though it's easy to eat, it's still packed with flavour – perfect for a festive meal!

If you're vegetarian or vegan, you can easily tailor this dish. Swap the chicken for **pan-fried tofu** or **cheddar cheese cubes**. These options still give you protein to help keep your muscles strong and your energy up.

Serves: 4-6 people

Takes: 30 minutes

The dish is balanced with:

- Quality protein (chicken, tofu, or cheese)
- Complex carbs (potatoes)
- Healthy fats (yoghurt dressing)

This combination helps keep your blood sugar steady and makes you feel fuller for longer.

The **fresh herbs**, **shaved parmesan**, and **pomegranate seeds** make it extra special. They bring colour, antioxidants, and a festive touch. The result is a beautiful Christmas dish that's both healthy and delicious!

Make-ahead tip: You can prepare all the components a day in advance. Simply assemble the salad the next day. This saves time on Christmas morning while keeping everything fresh, vibrant, and bursting with flavour.

Ingredients:

- 1kg baby potatoes, washed and cut in half
- 2 x 300g (600g) chicken breasts
- 300g green beans, trimmed
- 200g Greek yoghurt
- 1 tsp minced garlic ([can be bought pre-minced](#))
- 1 tbsp olive oil
- 1 tsp apple cider vinegar
- 2 tbsp [pre-chopped](#) chives
- 1 handful dill, roughly chopped
- Sea salt and pepper
- 25g shaved parmesan
- 50g pomegranate seeds (can be [store bought](#))

If vegan: sub in 400g tofu, cubed and lightly fried in salt and pepper

If vegetarian: sub in 300g, cheddar cubed ([can be pre-cut](#)), tossed through at the end

1. Prep all your ingredients.
2. **Hard-boil the potatoes:** In a large pan, fill with potato and water to cover. Bring to boil then time for 10–12 minutes for hard-boiled potatoes. Keep checking, as it will vary with the size of potatoes you have used. Once hard boiled, drain water and set aside.
3. **Poach the chicken:** Do this step while the potatoes are boiling. In a medium pan, add chicken breasts. Cover with 4 cups of water, add a good pinch of salt and pepper. Bring to boil, then time for 12–14 minutes. Leave to sit for 5 minutes in pan, then place on a plate to cool. Shred with 2 forks.
Tip: ensure that breasts are fully covered water before poaching begins.
4. **Cook the green beans:** In a small saucepan add water and green beans and bring to the boil for 4–5 minutes until al dente. Drain hot water and place into a cold-water bath to stop them cooking further.
5. **Cook the garlic:** Re-use the small bean pan for this step. Add 1 tbsp olive oil over medium-high heat. Once hot, add garlic and let it cook in oil for 1–2 minutes. Take garlic off heat.
Tip: don't cook too long, as it will burn.
6. Add cooked garlic and olive oil to yoghurt. Then add apple cider vinegar and herbs and stir well. Season to taste with salt and pepper.
7. Carefully stir half of garlic herb yoghurt through hard-boiled potatoes and poached chicken.
8. Serve up by layering beans, potatoes, and chicken. Top with pomegranate seeds, shaved parmesan, a pinch more salt and pepper, and more yoghurt drizzled on top.

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