

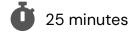


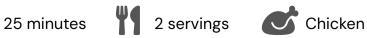


# **Tandoori Chicken Salad**

# with Mint Yoghurt

Chicken fillets cooked with a tandoori spice on a fresh salad platter with crispy cos lettuce, sweet stone fruit, cucumber and mint yoghurt dressing, finished with a sprinkle of toasted coconut.







# BBQ it!

You can cook the chicken on the BBQ if preferred! Marinate the chicken overnight for a more intense flavour. To bulk up the dish, serve it with roti bread or wraps!

PROTEIN TOTAL FAT CARBOHYDRATES

38g

32g

23g

#### FROM YOUR BOX

TANDOORI SPICE MIX	1 packet
NATURAL YOGHURT	1 tub
CHICKEN THIGH FILLETS	300g
SHAVED COCONUT	1 packet
MINT	1 packet
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
NECTARINE	1
RED CHILLI	1

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

frypan, stick mixer or blender

#### **NOTES**

You can use coconut oil to cook the chicken for extra fragrance.

For less heat, scrape the seeds out of the chilli using a teaspoon.

Tandoori spice mix: ground cumin, ground paprika, garlic powder, ground coriander, ground cardamom.





## 1. PREPARE THE CHICKEN

Combine tandoori spice mix with 1 tbsp yoghurt and 2 tbsp oil in a bowl. Add chicken and toss to coat. Season with salt and pepper.



## 2. TOAST THE COCONUT

Add **coconut** to a dry frypan over medium-high heat. Toast for 2-3 minutes until golden. Take off heat and set aside. Keep pan on heat.



#### 3. COOK THE CHICKEN

Add **oil** to pan (see notes). Cook the **chicken** for 4–5 minutes each side or until cooked through.



#### 4. PREPARE THE DRESSING

Meanwhile, blend <u>1/2 mint leaves</u> with remaining yoghurt using a stick mixer or blender until smooth. Season to taste with salt and pepper.



## **5. PREPARE THE SALAD**

Pick remaining mint leaves. Rinse and tear lettuce leaves. Ribbon cucumber using a vegetable peeler, slice nectarine and chilli (see notes). Arrange on a large serving plate.



#### 6. FINISH AND SERVE

Slice **chicken** and place on top of salad. Spoon over **dressing** (to taste) and garnish with **toasted coconut**.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0448 042 515 or send an email to hello@dinnertwist.com.au



