



### Product Spotlight: Coconut

Coconut contains no cholesterol or trans fats, while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.



## 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.



25 minutes



2 servings



Chicken

## 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!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	41g	115g

## 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 chicken for 4-5 minutes each side or until cooked through.



### 4. PREPARE THE DRESSING

Meanwhile, blend 1/2 mint leaves 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.



Scan the QR code to  
submit a Google review!

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

