

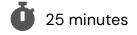


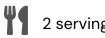


Tandoori Chicken Salad

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

51g

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 the 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.

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



