

## TANDOORI SUMMER CHICKEN SALAD

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### YOU WILL NEED

1kg	Chicken breasts	1	Red Spanish onion, thinly sliced
1 cup	Natural yoghurt	1	Lebanese cucumber, sliced
3 tbsp.	Rubyspice Tandoori	1	Large avocado, sliced
2	Garlic cloves, chopped finely	$\frac{1}{2}$	Punnet cherry tomatoes
$\frac{1}{2}$	Lemon, juiced	1	Butter lettuce, washed and dried
1 tbsp.	Vegetable oil		OR your favourite lettuce mix
1	Bunch Coriander leaves, washed and dried	<i>For the dressing:</i>	
1	Bunch Mint leaves, washed and dried	$\frac{1}{2}$ cup	Extra of natural yoghurt
		$\frac{1}{2}$	Lemon, juiced
		1 tsp.	Rubyspice Garam Masala
		$\frac{1}{4}$ tsp.	Salt

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### PREPARATION *20 minutes + 4 hours/overnight marinating*

In a large bowl, combine natural yoghurt, tandoori blend, garlic, lemon juice and vegetable oil. Test seasoning and add a little salt if desired. Add the chicken breasts and mix well with the tandoori marinade. Cover and refrigerate for 4 hours or overnight. Take chicken out of fridge 15 min before cooking

### COOKING *40 minutes*

Preheat the BBQ grill to a medium heat. Cook the chicken approx. 8-10 minutes each side or until cooked through. Remove chicken to a plate and cover with foil. Rest for 5 minutes, then slice thickly.

*For the dressing:* Combine yoghurt, garam masala, lemon juice and salt in a bowl. Whip well with a spoon.

### SERVE

In a bowl, mix coriander, mint, onion, avocado, tomatoes and cucumber. Arrange lettuce leaves on a large platter and top with salad mix and sliced tandoori chicken. Drizzle dressing over chicken salad. NAMASTE.

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