



CHEF EUNICE POWER'S TANDOORI CHICKEN SALAD



By Irish Yogurts Clonakilty

Tandoori Chicken Salad

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Method

For the chicken

- Whisk the tandoori paste and the [Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt](#) together in a bowl and add the chicken, turn in the marinade until covered.
- Cover with cling film and allow to marinate for a minimum of 1 hour , you can leave overnight in the fridge
- When cooking place on a parchment lined baking tray and bake in a pre-heated oven at 180c for 18-20 minutes. Allow to rest whilst preparing the dressing

For the dressing

- Whisk the ingredients together season with lemon juice salt and pepper to taste

To assemble

- Combine the salad ingredients together, dress lightly with the yoghurt dressing . Divide between four plates, slice the chicken fillets and place top drizzle with remaining dressing and garnish with cashew nuts, mint and coriander leaves

Ingredients

For the chicken

- 4 chicken fillets
- 2 tablespoons of tandoori paste
- 2 finely grated garlic cloves
- 100g of [Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt](#)

For the dressing



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- 150g of Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt or Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt

- 1 teaspoon ground cumin
- 1 dessert spoon of mango chutney
- A squeeze of lemon juice (to taste)

For the salad

- 1 small red onion, thinly sliced
- A large handful of coriander leaves
- A large handful of mint leaves
- ½ a head of iceberg lettuce

For the pickled carrot

- 250g Carrots peeled and finely julienned
- 2 tablespoons of white wine vinegar
- 1 tablespoon of sugar

To garnish

- A handful of roast salted cashew nuts, roughly chopped
- Mint and Coriander leaves