

Crunchy Tandoori Chicken Salad

Serves 2

- 2 X Chicken Breasts
- 1 pack Red and White Quinoa
- ¼ medium red shredded cabbage
- 115g mangetout, sugar snap peas, edamame beans
- 1 tomato
- 1 handful spinach
- 1 small red chilli
- 1 roasted red pepper
- ½ teaspoon of rice wine (available from supermarkets)
- 2 tablespoons of low salt soy sauce
- 1 cm finely chopped root ginger
- 2 tablespoons of toasted sesame and cashews



For the marinated Chicken:

- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon garam masala
- 2 tablespoons cucumber and lime Kefir milk

1. Pre heat the oven to 180 degrees
2. Chop the peppers lengthways and place on a baking tray, drizzle with rapeseed oil and roast for 10-15 minutes
3. Heat a pan on a medium heat with ½ teaspoon coconut oil. Mix all the spices for the marinated chicken and the kefir milk, stir to make a paste. Coat the chopped chicken pieces in the marinade and cook in the pan for 10-15 minutes or until cooked through. Set aside.
4. Roughly chop the mange tout, sugar snap peas and edamame beans
5. Cook the quinoa in the microwave for 2 minutes
6. Chop all other ingredients
7. In a small bowl mix the soy sauce, rice wine, chilli and ginger

8. Combine all the ingredients when ready in a large bowl, toss through sauce and sprinkle with seeds.

Separate into 2 bowls and serve with the Tandoori Chicken