



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# CHICKEN TIKKA SALAD

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

1 cup plain yogurt  
1 tablespoon garam masala  
1 tablespoon chili powder  
2 teaspoons kosher salt  
¼ cup fresh lemon juice  
1 pound boneless-skinless chicken breast – cubed to 1”  
1 bunch fresh cilantro – chopped  
1 cabbage – thinly sliced or shredded  
4 tomatoes – coarsely diced  
1 red onion – finely sliced

### Preparation:

Preheat your oven broiler on high.

Mix the yogurt, garam masala, chili powder, salt and lemon juice in a medium bowl and add the chicken, stirring to coat. You can perform this step and refrigerate for up to a day ahead for even better flavor blending.

Pour the yogurt/chicken mixture into a casserole dish (line it with aluminum foil first to ease cleanup) and place it under the broiler. Stir the mixture every five minutes for twenty minutes to ensure even cooking and slight browning of the chicken pieces. Remove from broiler and stir in fresh cilantro.

Toss the cabbage, tomatoes and onion and top with the chicken mixture, drizzling with the cooking liquid as a dressing. Serve immediately.

### Nutritional Information Per Serving:

Calories: 238  
Fat: 4g  
Carbs: 20g  
Fibre: 6g  
Protein: 33g