



Chicken Tikka Salad

2 servings

15 minutes

Ingredients

300 grams Chicken Breast (skinless, boneless)
1 tsp Tikka Masala Paste
1 cup Cilantro (chopped)
2 tbsps Lime Juice
1/8 tsp Sea Salt
3 tbsps Water
3 cups Baby Spinach
1/2 Cucumber (chopped)
1/2 Red Hot Chili Pepper (sliced)

Nutrition

Amount per serving	
Calories	218
Fat	5g
Carbs	7g
Fiber	2g
Sugar	2g
Protein	36g
Cholesterol	110mg
Sodium	304mg
Vitamin A	4998IU
Vitamin C	38mg
Calcium	75mg
Iron	2mg

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with foil. Flatten the chicken breast with a mallet or rolling pin to about half-inch thick.
- 2 Evenly coat the chicken with tikka masala paste and bake for 10 minutes or until cooked through. Slice into cubes.
- 3 Meanwhile, add the cilantro, lime juice, salt and water in a food processor and blend until well incorporated. Set aside.
- 4 Divide the spinach, cucumber, chicken and sliced chili pepper into bowls. Drizzle the cilantro-lime dressing ovetop and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add yogurt, turmeric, garlic, oil and/or chutney to the cilantro-lime dressing.

Additional Toppings: Fried mustard seeds and cumin seeds, sliced green onion or naan.

Make it Vegan: Use chickpeas, firm tofu, or tempeh instead of chicken.

No Tikka Masala Paste: Use curry paste instead.