



Tandoori Chicken Salad with Smashed Cucumber

This is a great dish for dinner or a starter and has all of the elements for hot, cold, sweet, sour, crunchy and soft to make it the perfect dish. A quick and easy dinner party dish as well.

Cucumber is the star and contains vitamin K which helps blood clot and keep your bones healthy plus Vitamin A which helps with vision and your immune system.

Serves: 6, Prep time: 00:20, Cook time: 00:20

Instructions

1. Combine the marinade ingredients, coat the chicken well, thread onto metal skewers and cover and chill for at least 2 hours
2. Grill for approx 12 mins, turning once, baste with the butter and lemon mix. Turn when golden.
3. To make the onion bhaji strings – mix with the onions with the flour, chilli powder, salt and just enough water to make a thickish paste
4. Deep fry small bits (not a full bhaji, just strings) for 5mins until golden
5. To make the cucumber salad – bash them with a rolling pin, put in a bowl with the rest of the ingredients and leave to chill for 20mins in the fridge

Ingredients

- 800 grams Chicken breast , cubed (1 lb 12 oz)
- 100 milliliters Natural yoghurt (3.5 oz (U.S.))
- 1 Lime, Juiced
- 2 Garlic, cloves, Finely grated
- 1 Fresh Ginger, 25mm grated
- 15 grams Ground Coriander (0.5 oz)
- 10 grams Ground Cumin (0.5 oz)
- 5 grams Garam Masala (0 oz)
- 5 grams Paprika, Smoked (0 oz)
- 1 pinch or to taste Sea Salt
- 1 Juice, lemon
- 100 kilograms Butter, unsalted (220 lb 7.5 oz)
- 1 Onion, Red, Finely sliced
- 175 grams Gram flour (6 oz)
- 1 teaspoon Chilli Powder

6. Serve the cucumber topped with chicken and onions, and top with natural yoghurt

Note: If you would like to make this vegetarian try substituting the chicken with cauliflower or chunky mushrooms.

Inspired by C4 Sunday Brunch.

For a FREE recipe book click [here](#) [Chili Tri](#)

- 1 teaspoon Sea Salt
- 125 milliliters Water, Approx (4 oz (U.S.))
- 2 Cucumber
- 1 teaspoon Sugar
- 2 teaspoon Sea Salt
- 2 teaspoon Chili Flakes
- 1 Lime, Juice and Zest
- 1 Mint, Fresh, Handful, chopped