



Indian chicken salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large chicken breasts skinless
- ☐ 1 tbsp tandoori masala powder
- ☐ 1 bunch coriander separated chopped
- ☐ 1 lime zest
- ☐ 150 ml coconut milk
- ☐ 2 tbsp mango chutney
- ☐ 0.5 cucumber peeled
- ☐ 100 g baby spinach leaves

- ☐ 1 small onion red thinly sliced into rings
- ☐ 4 poppadums
- ☐ 4 poppadums

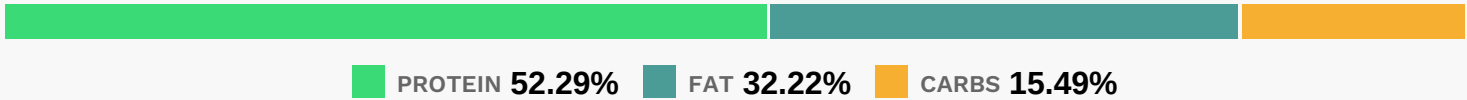
Equipment

- ☐ frying pan
- ☐ rolling pin

Directions

- ☐ Lay the chicken breasts in between a double layer of cling film and bash out using a rolling pin until about 1cm thick. Rub with the tandoori spice mix and some seasoning. With a griddle pan over a medium heat, cook the chicken for about 3–5 mins on each side until cooked through.
- ☐ To make the dressing, mix together the coriander stalks, lime zest and juice, coconut milk and mango chutney until you have a pourable dressing then season. Arrange the salad ingredients on a big platter. When the chicken is cooked, slice it and add to the salad. Then drizzle on some dressing, scatter with coriander and poppadum pieces and serve.

Nutrition Facts



Properties

Glycemic Index:95.5, Glycemic Load:6.65, Inflammation Score:-9, Nutrition Score:34.478695713955%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 384.33kcal (19.22%), Fat: 13.73g (21.12%), Saturated Fat: 8.09g (50.59%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 12.92g (4.7%), Sugar: 6.94g (7.71%), Cholesterol: 144.64mg (48.21%), Sodium: 610.87mg (26.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.14g (100.28%), Vitamin K: 130.31µg (124.11%), Vitamin B3: 24.09mg (120.43%), Selenium: 73.04µg (104.34%), Vitamin B6: 1.82mg (90.79%), Phosphorus:

608.69mg (60.87%), Vitamin A: 2582.94IU (51.66%), Vitamin B5: 3.47mg (34.65%), Potassium: 1181.46mg (33.76%), Manganese: 0.61mg (30.52%), Magnesium: 104.97mg (26.24%), Calcium: 239.22mg (23.92%), Vitamin C: 19.62mg (23.79%), Folate: 76.71µg (19.18%), Iron: 3.35mg (18.62%), Vitamin B2: 0.3mg (17.9%), Vitamin B1: 0.2mg (13.62%), Zinc: 1.79mg (11.93%), Copper: 0.24mg (11.82%), Fiber: 1.92g (7.68%), Vitamin B12: 0.45µg (7.53%), Vitamin E: 1.05mg (7.02%), Vitamin D: 0.23µg (1.51%)