

Tandoori Chicken with Mango Yoghurt & Cous Cous Salad



I recently returned from holidays to find that my Sister, who was house sitting at the time, had left a large bowl of Tandoori Chicken marinating in the fridge for our dinner.

What a little Darlin'! Not only was it sublimely tender and tasty, it was also an old recipe of mine (which I later found out) so I decided to pair it with a new salad and some deliciously tangy, mango chutney laced yoghurt. Such a simple healthy meal and so incredibly tasty, a great staple and a quick midweek meal option. Dare I say it again? Winner, winner, chicken dinner!!

Prep time: 25 Minutes Marinating time: Minimum 30 Minutes (the longer the better) Cooking time: 20 Minutes

\$\$ Medium Budget

Serves 4

4 x 150-200gm chicken breast fillets cut into large chunks
(depending on size of eaters but makes great leftovers)

2 tbs of store bought tandoori paste

Juice of 1/2 a lemon

1 1/2 cups of greek yoghurt

2 tbs of mango chutney

Cracked pepper

Thin slices of green chilli and coriander sprigs for garnish

For the Salad:

1 cup of cous cous, prepared to packet instructions and cooled
before combining with salad ingredients

1 lebanese cucumber, halved, seeds removed and sliced
diagonally

1 carrot, finely grated or peeled in thin strips

1/2 a red onion, thinly sliced top to bottom

1 green chilli, thinly sliced diagonally (optional)

1 cup of coriander leaves

1/2 cup of mint leaves

2 tbs of olive oil

Juice of 1/2 a lemon

Sea salt & cracked pepper

To prepare the Tandoori chicken place the tandoori paste, 3/4 of a cup of yoghurt and the lemon juice in a large bowl. Season with a little salt and pepper and mix well to combine. Pop the breast fillets in and use a spatula to mix them into the tandoori mixture so that they are completely coated. Cover and refrigerate for at least half an hour.

Heat a BBQ grill or pan to a nice high heat and cook the chicken on all sides until golden brown and cooked through (about 12-15 minutes). Transfer to a lined tray and keep warm in the oven or in the BBQ with the heat turned off until ready to serve.

Place the cooled cous cous, carrot, cucumber, red onion, mint and coriander in a bowl. Season with salt and pepper and toss to combine. Dress with the olive oil and lemon juice immediately before serving.

In a smaller bowl place the remaining yoghurt and the mango chutney and mix very lightly. You don't want to over mix as it looks really nice with just a swirl of chutney through the yoghurt.

To serve, place a generous dollop on the side of each of four serving plates and use the back of the spoon to spread it out in a circular motion. Place a nice pile of the salad on the side of the yoghurt and arrange the chicken on top of the yoghurt. garnish with extra chilli slices and coriander sprigs.

Leftover mint? You may want to cook this....

<http://emsfoodforfriends.com.au/jerk-pork-fillet-with-pineapple-mint-salsa/>

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