

Chicken Tikka with Brown Rice Salad

Chicken Tikka Ingredients

- 1 skinless chicken breast, cut into bite sized chunks
- 75 ml fat free natural yoghurt
- 1 tbsp tikka masala paste

Brown Rice Salad Ingredients

- 50g brown rice, preferably Basmati
- $\frac{1}{4}$ tin of borlotti beans in water, drained and rinsed
- $\frac{1}{4}$ red onion, very finely sliced
- 1 medium sized tomatoes, quartered
- 2 inch chunk cucumber, chopped
- fresh mint &/or coriander, finely chopped
- $\frac{1}{2}$ green chilli, finely chopped
- 1 tsp white wine vinegar (or similar)
- 2 tsp lemon juice
- dash of olive or avocado oil
- black pepper to taste



Chicken Tikka Method

- Mix the yogurt and curry paste in a large bowl
- Add the chicken, stir, then cover and leave for 30 minutes at room temperature to allow the spices to flavour the chicken
- Place the chicken into a hot oven (gas 6, 200°C) for 25 minutes, turning once

Brown Rice Salad Method

- Boil the rice for 35 minutes (or according to manufacturer's instructions)
 - Drain and rinse in cold water until chilled. Keep cold
 - Put all the ingredients into a large bowl, adding plenty of freshly milled black pepper
 - Stir well and chill if necessary
-
- ❖ Use chickpeas, cannellini beans or butter beans can be used instead of borlotti beans
 - ❖ Rich in vitamin C (antioxidant)
 - ❖ Rich source of fibre
 - ❖ If you don't fancy the chicken try adding a griddled tuna fillet on top, or flake drained canned tuna (in spring water) through the mix to boost its omega-3 content