



CHICKEN TIKKA SALAD

Courtesy of: Steve Flint



Method:

1. Pre-heat oven to 180°C. Place sweet potato on a tray, drizzle with olive oil, add fennel seeds and half the cumin seeds. Bake for 25 minutes, or until cooked through.
2. Combine chicken, curry paste, yoghurt and chutney in a bowl.
3. Heat sesame oil in a frypan, add onion and remaining cumin seeds. Sauté for 5 minutes, add tomatoes and cook for a further 2 minutes. Transfer to a mixing bowl with carrot, cucumber and spinach.
4. Add marinated chicken to a heated frypan and cook for 10 minutes, or until cooked through.
5. Divide salad into bowls, top with sweet potato and chicken. Serve with additional yoghurt and mango chutney.

ReFuel Summer 2020

Ingredients:

- 400g chicken breast, diced
- 2 tablespoons tikka masala paste
- ½ cup greek yoghurt, plus extra to serve
- 1 tbsp mango chutney, plus extra to serve
- 2 tbsp extra virgin olive oil
- 2 medium sweet potatoes, cut into 2-3cm pieces
- 1 onion, diced
- 2 tomatoes, chopped
- 1 carrot, peeled into ribbons
- 1 lebanese cucumber, peeled in ribbons
- 4 cups baby spinach
- 2 tsp sesame oil, cumin seeds, fennel seeds

Nutrition Information

Serves 4 people.

Nutrient	Per serve
Energy	1978 kJ
Protein	30.8 g
Fat	17 g
Saturated Fat	2.9 g
Carbohydrate	42 g
Sodium	352 mg



HOT TIPS

A delicious and nutrient dense meal that provides adequate protein to kick-start muscle recovery and repair as well as a carbohydrate hit to top of muscle glycogen before the next training session.