

GRAB and GO

Tandoori Layered Salad Pot

Chunks of spicy chicken breast and salad served in a pot to eat on the go

Makes 10 portions (154g/portion)

Ingredients

600g		30 Green Gourmet Tandoori Chicken Chunks (GG code – 7297)
240g	(1 large)	red onion, chopped
100g		red pepper, diced
100g		cucumber, diced
200g		sweetcorn, tinned
200g		carrot, grated
100g		iceberg lettuce, shredded
200g		natural yogurt
14g	(2 tsp)	mint sauce
8g	(1 tsp)	honey

Method

1. Cook the Green Gourmet Tandoori Chicken Chunks in the oven according to cooking instructions. Allow to cool and slice into thin slices.
2. Portion the lettuce into the serving pots; layer the vegetables on top of the lettuce.
3. Place the sliced Green Gourmet Tandoori Chicken Chunks on top of the salad.
4. Make dressing by mixing yogurt, mint sauce and honey together. Drizzle over the salad.

Serving Suggestions

These versatile Tandoori chicken chunks can also be served as a complete meal; they are great on top of pasta and rice salads too.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
88.1	2.5	0.2	9.9	0.7	1.0
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
6.7	0.6	0.3	43.5	234.1	10.6
Folate (µg)	Sodium (mg)				
13.6	181.1				

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