



CHICKEN TIKKA WITH COLESLAW



Equipment - Red and white chopping boards, chef's knife, 2 mixing bowls, peeler, baking tray – lined with foil

Working in pairs

Ingredients –

Tikka

½ chicken breast
1 tbsp. tikka paste
2 tbsp. natural yogurt

Coleslaw

¼ carrot
Wedge of cabbage
¼ red onion
1 tbsp. mayonnaise
1 tbsp. natural yogurt
1 tbsp. mango chutney

Nutrition

Chicken- high in protein.
Yoghurt- calcium
Carrot- vitamin A
Cabbage- vitamin C
Red onion- vitamin B

Modification for a Healthy Diet

Use low fat yoghurt and mayonnaise. Make your own mango chutney without sugar.

Method –

- 1 Preheat** oven 180°.
- 2 Put** the tikka paste and yogurt into the mixing bowl, stir well.
- 3 Cut** the chicken into 1 ½ cm cubes – use the red board.
- 4 Add** the chicken to the tikka mix, coat well.
- 5 Place** the chicken on the baking tray, put in the oven to bake for 15 minutes.
- 6 Peel and grate** the carrot, shred the cabbage and dice the onion, place into a mixing bowl.
- 7 Add** mayonnaise, yogurt and chutney, stir well.
- 8 Divide** equally into containers.