



# BUTTER CHICKEN SALAD

WITH GARLIC NAAN

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 35 minutes

Butter chicken, the lighter, fresher way! This butter chicken salad is a great summery alternative to a heavy curry. It's packed with flavour and will still fill you up.



## QUICK PICKLED ONION

- 1 red onion
- 1/3 cup water (80ml)
- 1/3 cup white vinegar (80ml)
- 1 Tbsp caster sugar
- 1/4 tsp salt

## CHICKEN

- 50g butter chicken curry paste (1.8oz)
- 600g boneless, skinless chicken thighs (1lb 5oz)
- 2 tsp olive oil

## SALAD

- 2/3 cup plain, unsweetened yoghurt (160ml)
- 100g baby cos lettuce (3.5oz)
- 200g cherry tomatoes (7oz)
- 1 Lebanese cucumber
- 2 large handfuls fresh coriander
- 80g feta cheese (2.8oz)
- 300g garlic naan bread (from chilled section) (10.6oz)
- 1/2 cup roasted salted cashews (75g)

- Preheat oven to 180°C (360°F) fan bake and line a large oven tray with baking paper.
- PREPARE ONION**  
Thinly slice onion into half rings. Whisk together water, vinegar, sugar and salt in a small-medium bowl. Add onions and stir. Set aside.
- COOK CHICKEN**  
Take 2 teaspoons of the curry paste and set aside in a small-medium bowl (this is for the salad, so keep it away from the raw chicken!). Place remaining curry paste in a medium-large bowl. Dice chicken into 2cm / 0.8in pieces and season with a little salt and pepper. Add to the larger bowl of curry paste and stir until well coated. Arrange in a single layer on prepared oven tray and drizzle with oil. Bake for 20 minutes, until cooked through.
- MAKE SALAD**  
Meanwhile, stir together reserved curry paste and yoghurt. Season with a little salt and pepper to taste. Spread onto 4 individual serving plates or shallow bowls. Top with lettuce.
- Cut tomatoes in half, thinly slice cucumber and roughly chop coriander. Arrange tomatoes and cucumber on top of lettuce. Crumble feta over the top. Toast, pan fry or oven bake naan bread (check instructions on pack).
- SERVE**  
Drain onion well. Add to salads, then top with chicken, cashews and coriander. Serve with naan bread on the side.



**WINE MATCH:** A Sauvignon Blanc.

## **BUTTER CHICKEN SALAD RECIPE NOTES**

**GLUTEN-FREE OPTION:** Make sure curry paste is gluten-free. Choose gluten-free naan bread (if available) or spread garlic butter onto warmed gluten free pita bread / wraps / rolls.

**INGREDIENT SWAPS / NOTES:** Tikka masala curry paste would be a good alternative to butter chicken curry paste.

**STORING AND REHEATING:** Store salad, chicken and bread separately. Reheat chicken in the microwave. Add chicken and bread to salad just before serving. Cashews are best added just before serving too.