

# Chicken Salad with Pink Grapefruit & Cumin Dressing



## Recipe By FoodieBook

**Ref:** 349

**Heading:** Salads

**Cuisine:** Indian

**Food Type:** Meat

**No of Portions:** 4

## Ingredients & Prep

4 Chicken thighs boneless cut into strips

### Marinade

5 tbsp Fresh ginger grated

1 tbsp Garlic clove pureed or finely grated

40 ml Pink grapefruit juice

2 tbsp Olive oil

1 tsp Chilli powder

1 tsp Garam masala

2 pinch Salt

### Dressing

30 ml Pink grapefruit juice

1 tbsp Olive oil

1 tsp Cumin seeds roasted & crushed

1 tsp Honey runny

1 pinch Salt

### Salad

150 g Spinach

150 g Rocket

150 g Watercress

120 g Pink grapefruit segments

### Garnish

3 tbsp Fresh coriander chopped

1 g Fresh mint chopped

## Suggestion & Tips

You could use orange instead of grapefruit.

## Method

**Step 1** - Place chicken & the marinade in to a bowl, mix well & set aside.

**Step 2** - Place salad ingredients into a serving bowl.

**Step 3** - Place cumin seeds into a dry frying pan on a med heat & fry until you smell the aroma, remove & crush in a pestle & mortar or with the back of a spoon in a small bowl.

**Step 4** - Make the dressing ingredients apart from cumin seeds into a clean jam jar & giving it a good shake, or blend with a stick/hand blender then add roasted crushed cumin seeds & stir into the dressing.

**Step 5** - In the same pan put in the chicken in stir & cook for 3 to 5 mins or until cooked through (not pink in the middle).

**Step 6** - Dress the salad with dressing & mix well, lay over cooked chicken strips & garnish with the herbs & serve.