

**RYVITA**<sup>®</sup>

## Chicken Tikka with Mint Yogurt, Mango Chutney & Coriander

Preparation time: 10 minutes

Recipe by: Ryvita



### INGREDIENTS

#### Serves 1

- 1 tsp grated ginger (5g)
- ½ clove garlic, grated (1.5g)
- ¼ tsp garam masala (0.48g)
- Pinch of turmeric (0.25g)
- Pinch of chilli powder (0.25g)
- Squeeze of lemon juice (20g-juice of half a lemon)
- 2 Tbsp. natural yogurt (80g)
- Small handful mint leaves, finely chopped (4g)
- 1 cooked chicken breast, sliced (grilled, without skin, 120g)
- 1 inch chunk cucumber, diced (23g)
- 2 tsp mango chutney (17g)
- 2 Ryvita Protein Linseed and Nigella Seed Crunchy Rye Breads

### METHOD

1. Mix the ginger, garlic, spices, lemon juice, yogurt and mint with some seasoning then add the chicken and stir to coat.
2. Top the crunchy rye breads with the chicken followed by some diced cucumber and mango chutney.

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