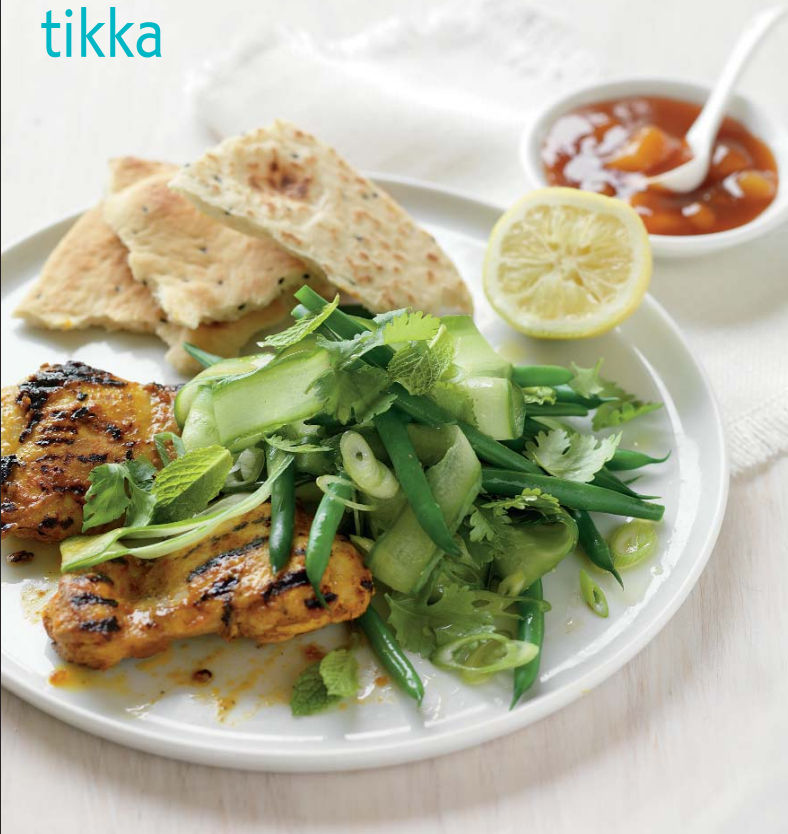


# Green bean & cucumber salad with BBQ chicken tikka



## Green bean & cucumber salad with BBQ chicken tikka

**Preparation:** about 20 minutes  
(+ marinating time)  
**Cooking:** about 15 minutes  
**Serves:** 4



### Green beans

- Provide some iron, which is especially important for those who choose a vegetarian diet. Iron is needed for making red blood cells, which carry oxygen throughout the body.
- An excellent source of vitamin C, which is best preserved if green beans are steamed, stir-fried or cooked briefly in the microwave.

¼ cup Indian Tikka paste  
1 tbs lemon juice  
⅓ cup Greek-style natural yoghurt  
8 chicken thigh fillets  
250g baby green beans  
½ cup coriander leaves  
⅓ cup mint leaves  
2 Lebanese cucumbers, thinly sliced lengthways  
2 green onions (shallots), thinly sliced  
2 tbs extra virgin olive oil  
Salt and ground black pepper  
Naan bread, mango chutney and lemon wedges, to serve

1. Combine tikka paste, lemon juice and yoghurt in a medium ceramic baking dish. Add chicken. Toss to coat chicken with paste mixture. Cover and refrigerate for 30 minutes (or longer if time permits)
2. Meanwhile, cook beans in a small saucepan of boiling water for 2 minutes. Drain and refresh in cold water. Place in a large bowl. Add coriander, mint, cucumbers and green onions. Set aside.
3. Preheat a greased barbecue plate or char-grill pan over medium heat. Cook chicken for 5–6 minutes on each side until just cooked through.
4. Drizzle bean mixture with olive oil. Season with salt and pepper and toss to combine. Serve bean salad with chicken, naan bread, mango chutney and lemon wedges.

For fresh fruit and vegetable recipes visit  
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