

# Tandoori Chicken Curry with Pomegranate Mint Yoghurt Salad

Serves 4



## Ingredients

### For Tandoori Chicken Curry

1 pack prima taste singapore curry sauce kit consisting of:  
1 pack singapore curry paste (pack A)  
1 pack singapore curry premix (pack B)  
400 ml water for pack A  
260 ml water for pack B  
4 skinless chicken breast fillets, sliced  
12 cherry tomatoes, halved  
2 eggplants (quartered lengthwise, then halved)  
1 small bunch of fresh coriander, chopped  
4 x 140 g Healthier Choice Symbol (HCS) plain yogurt  
1 pack Gardenia wholemeal wraps (cut to pieces)  
1 loaf Gardenia light wholemeal bread

### For Marinade

2 tbsp HCS yoghurt  
1 tbsp honey  
2 tbsp lime juice  
2 tsp paprika  
1 tsp coriander powder  
1 tsp cumin powder  
2 tsp of singapore curry paste (pack A)  
2 tsp black pepper to taste

### For Pomegranate Mint Yoghurt Salad

500 g HCS yoghurt  
1 tbsp lemon juice  
½ tsp cumin powder  
3 tbsp mint leaves, chopped  
1 small pomegranate  
1 whole deseeded cucumber, grated  
1 whole carrot, finely sliced  
½ red onions, finely sliced  
½ tsp ground black pepper to taste  
A pinch of sea salt



**Preparation method on the next page**

## Semi-finalist



### Courtesy of Rose Azryena and Md Yusof

*"It has always been a challenge to get our 2 year old son to eat healthy. Recently we discovered that he loves to have his toasted bread with dip sauces. In this recipe, we put together healthy alternatives to his favourite meal."*



## Preparation

### For Pomegranate Mint Yoghurt Salad

1. Whisk the yoghurt briefly in a small bowl then add most of the chopped mint, pomegranate seeds and cumin powder.
2. Add salt, black pepper and lemon juice to taste.
3. Add carrot, onion and cucumber. Mix well.
4. Chill for later consumption.

### For Tandoori Chicken Curry

1. In a bowl, mix all marinade ingredients. Marinade the chicken slices. Leave for 5-10 minutes.
2. Stir fry marinated chicken for 3-5 minutes.
3. In a separate pot, add pack A to 400 ml of water. Stir well and bring to boil on high heat. Stir occasionally.
4. Add stir-fried chicken, tomato, eggplants and chopped coriander leaves to the pot.
5. In a separate bowl, mix singapore curry premix with 260 ml water. Add to pot and simmer for 5-10 minutes on low heat. Stir occasionally.
6. Toast sliced bread or wraps in a toaster or frying/griddle pan.
7. Serve curry hot with toasted bread/wraps and chilled yogurt salad.



