

## Padma Lakshmi's Tandoori Chicken Salad



### Ingredients

#### Chicken

- 1 cup nonfat plain yogurt
- 2 teaspoons garam masala
- 1 teaspoon ground ginger
- 1 teaspoon minced garlic
- 1 teaspoon ground turmeric
- 1 teaspoon salt
- 1 jalapeño pepper, stemmed, seeded and finely minced (optional)
- 1 ½ pounds boneless, skinless chicken breasts, gently flattened and cut into 1/2-inch strips
- 1 tablespoon neutral oil, such as canola or avocado

#### Salad

- 3 cups shredded iceberg lettuce
- 3 cups shredded red cabbage
- 3 cups diced plum tomatoes
- 2 cups sliced cucumber
- 1 ½ cups diced jicama
- 1 cup sliced radishes
- 1 small bunch scallions, finely chopped
- 1 cup loosely packed cilantro leaves, finely chopped
- Juice of 2 small lemons, or to taste

#### Directions

- To make chicken: Whisk yogurt, garam masala, ginger, garlic, turmeric, salt and jalapeño (if using) in a shallow dish. Add chicken and stir to coat. Cover and refrigerate while preparing the vegetables.
- Meanwhile, make salad: Combine lettuce, cabbage, tomatoes, cucumber, jicama, radishes, scallions and cilantro in a large bowl; toss to combine.
- Heat oil in a large nonstick skillet over medium-high heat. Add the chicken and marinade; cook, stirring occasionally, until an instant-read thermometer inserted in the thickest part registers 165°F, 6 to 8 minutes.
- Transfer the chicken and the pan juices to the bowl with the salad. Add lemon juice to taste; toss to combine.