Chennai spiced chicken fillets with yoghurt and kachumba salad
by Tom Kerridge

Before you start: Preheat the oven to 180C

1. To make up the spice marinade, mix together the oil, salt, curry powder, turmeric and garlic to create a paste.

2. Place the chicken in the bowl and coat them in the marinade. Cover the bowl with cling film and marinate for 30-60 minutes.

3. In the meantime, mix all the salad ingredients together and keep to one side.

4. For the yoghurt dressing simply mix everything together.

5. To cook the chicken pre heat a frying pan with the oil on a medium heat.

6. Fry the chicken in the pan for 2 minutes each side, then transfer the pan to the pre heated oven for 12 minutes*.

7. Once the chicken is cooked, add a good squeeze of lemon juice to baste over the chicken.

8. Remove the chicken from the pan and leave to rest for 5 minutes.

9. To serve, spoon the salad and rice into serving bowls, then slice the chicken into bite sized chunks and place on top.

10. Spoon the spicy yoghurt dressing all over and add a few coriander leaves. Serve with a couple of lime wedges on the side.

*Make sure the chicken is cooked through. Alternatively, instead of using the oven, you can fry the chicken for 4-5 minutes on each side to cook through.

Ingredients
- 2 x (160g each) chicken breasts
- 2 tbsp vegetable oil
- 1/2 tsp salt
- 1 tbsp madras curry powder
- 1/2 tsp turmeric
- 2 cloves grated garlic
- 1 tbsp vegetable oil for cooking
- Lemon wedge

Spiced yoghurt
- 100g Greek yoghurt
- 1 tsp curry powder
- 1 tbsp lime pickle
- 1/2 a lime juiced

On the side
- 100g cooked wholegrain rice (served hot or cold)
- 8 coriander leaves
- 1 lime cut into wedges

Salad
- 1/2 cucumber, peeled, halved lengthways, de-seeded and diced chunky
- 1/2 small red onion peeled and sliced
- 2 plum tomatoes, de-seeded roughly diced
- 1 lemon juiced
- 2 tsp chopped coriander leaves
- 2 tsp chopped mint leaves
- Splash of olive oil

To watch a cooking demonstration of this recipe from Tom Kerridge visit bupa.co.uk/inside-health/heart-health