

Grilled Chicken Tandoori Sandwich with Cucumber-Jalapeño Salsa

eatsane



Ingredients

12 slices Eatsane Rustic Bread- toasted
6 skinless boneless chicken breast halves

Marinade:

2 tbs. fresh lemon juice
1 cup plain yogurt
2 tbs. fresh ginger, chopped
2 garlic cloves, chopped
½ tsp. ground cumin
½ tsp. ground coriander
¼ tsp. cayenne pepper
¼ tsp. turmeric

Spiced Mayonnaise:

1 cup fresh mint leaves
1 cup fresh cilantro
3 tbs. chopped onion
3 tsp. cider vinegar
½ cup mayonnaise

Tomato-Cucumber Salsa:

1 cup fresh cucumber, diced
1 cup tomatoes, diced
¼ cup jalapeño pepper, diced
1 cup red onion, diced
¼ cup fresh cilantro
2 tbs. lime juice
¼ tsp. salt
¼ tsp. black pepper



OUR RUSTIC NUTS &
SEEDS RECIPE

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Directions

Spiced Mayonnaise:

Combine 1 cup mint leaves, 1 cup cilantro leaves and chopped onions into a food processor until finely chopped. **Mix in** cider vinegar. **Add** mayonnaise and process until just combined. **Season** mayonnaise to taste with salt and pepper.

Salsa:

Combine all the salsa ingredients in a small bowl and **mix well**.

Arrange:

Place boneless chicken breast in a single layer in a large glass baking dish. **Sprinkle** with fresh lemon juice and season with salt. **Mix** plain yogurt, chopped fresh ginger, chopped garlic, ground cumin, ground coriander, cayenne pepper and turmeric in medium bowl. **Pour** yogurt marinade over chicken breasts and turn to coat. **Cover** chicken and refrigerate 3 hours. **Grill** chicken on medium high heat until cooked through, about 6 minutes each side.



WooHoo!



2.1g
NET CARBS
PER SLICE
OF BREAD

Assemble:

Lightly toast sandwich slices. **Spread** Indian spiced mayonnaise on all bread slices. **Cut** chicken breast diagonally. **Place** slices of 1 breast atop each of the sandwich bottoms and top with 1/3 cup of the salsa.