**Workshop Description**

Lalit Kumar, Executive Chef, InterContinental London Park Lane, prepares a vibrant, healthy salad paired with the flavourful, traditional Indian dish – Tandoori Chicken.

The focus will be on preparing a vibrant, healthy salad paired with a flavourful, traditional Indian dish – Tandoori Chicken. Students will learn how to balance nutrition while celebrating the richness of diverse culinary traditions.

A person preparing food on a plate

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**Method**

1. **Prepare the tandoori marinade with spics, ginger garlic paste, oil.**
2. **Apply marinade to chicken and leave it for 20 mins in fridge.**
3. **Boil water to cook brown rice and quinoa.**
4. **Wash & peel carrot and cucumber.**
5. **Clean and prepare lettuce &radish.**
6. **Slice mangoes & avocado.**
7. **Cook chicken at 180 C for 16-18 mins.**
8. **Plate the salad.**
9. **Rest the chicken for 2 minutes and slice to be plated on salad.**

**Equipment List**

Sauce pots

Frying pan

Mixing bowls

Oven

Mandolin

Knives

Salad bowls

Chopping board – red, brown & green.

**Ingredients List**

Lettuce – Lollo rosso

Fraise

Baby spinach

Heritage tomatoes

Cucumber

Rainbow carrot

Avocado

Radish

Mango

Quinoa

Brown rice

Olive oil

Honey

Mustard

Vinaigrette

Edible flower

Tandoori marination

Chicken breast

A group of people standing around a table with plates of food

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