

Indian Spiced Shredded Chicken Salad Sandwich

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/shredded-chicken-sandwich-indian-recipe>

Ingredients:

- 8 bread rolls or buns, sliced in half
- 500 grams boneless chicken breasts cut into strips
- 1 tablespoon garlic paste ginger
- 2 teaspoons cumin seeds
- 1 teaspoon black pepper
- 2 whole dried red chili
- 2 cloves
- 2 cardamom
- 1/4 inch cinnamon stick
- 3 tablespoons yogurt
- salt to taste
- 2 tablespoons oil spoon
- 5 tablespoons mayonaise
- 1 teaspoon mustard paste
- 2 cucumbers chopped
- 2 tomatoes chopped
- 4 tablespoons lettuce chopped
- 2 tablespoons olive oil
- lettuce leaves
- tomatoes sliced

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 85 milligrams
4. Fat: 28 grams
5. Fiber: 10 grams

6. Protein: 37 grams
 7. SaturatedFat: 4.5 grams
 8. Sodium: 860 milligrams
 9. Sugar: 13 grams
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