



## Tandoori Grilled Chicken Wings Udon Salad with Avocado Vinaigrette

Yield: serves 1

\*Indicates items from National Food Group

### Ingredients

- 6 oz \**Chicken Wings*
- 4 oz \**Tandoori Marinade*
- 4 oz \**Udon Noodles*, cooked and cooled
- 1 each \**Half Avocado*
- 2 tbs green onion
- 1 oz arugula
- 2 tbs \**Edamame*
- 4 tbs olive oil
- 4 tbs lime juice
- 1 tsp apple cider vinegar
- 1 tsp cilantro
- ½ tsp minced garlic
- 1 tsp honey
- salt and pepper to taste

### Preparation

- 1) Avocado vinaigrette: in a blender pulse avocado, cilantro, and garlic; add lime juice, vinegar and honey slowly; add oil while blending at low speed, until smooth. Add salt and pepper, hold for service.
- 2) Marinade thawed chicken with tandoori marinade for 4-6 hours.
- 3) Mix cooked and cooled udon noodles, avocado vinaigrette, green onion, arugula and edamame.
- 4) Char grill chicken until internal temperature reaches 165° F. Hold for service.
- 5) Assembly: noodle salad topped with 2-4 pieces tandoori chicken.