

# Chicken Tikka Salad with Lentil Soup

(Approx 300 Calories)

## Chicken Tikka Salad:

1.5 cup of lettuce salad - 15 Calories

[1 Chicken Breast 110 calories](#) cut into small pieces.

1 tsp of oil 40 calories

1 tsp of ginger & garlic paste.

Red chili powder/ or flakes and salt to taste, add red food color.

Air fry the chicken tikka for 12 mins at 425 degrees, flip over the pieces at 6 mins.

## Lentil Soup (Hyderabadi Meethi Dal):

This is a low calorie (120 Calories per serving) and filling soup. There are slight variations in making this dish. The one that I used is in the first link below.

1. <https://kitchenflavours.net/meethi-dal/>
2. Another variation can be found here <https://www.tarladalal.com/calories-for-masoor-dal-curry-soup--protein-rich-recipe-33466>

## Photo:

