

**TASTY FOOD**

# Tandoori chicken and Quke salad cups

THIS recipe, which makes six salad cups, is ideal for work or school lunches or even summer picnics.

The recipe was put together by Perfection Qukes teaming up with "lunch box Queen" Amy Whiteford, from Healthy Little Foodies.

Makes: 6  
Prep time: 10 mins  
Cooking time: 5 mins

**INGREDIENTS**

- 250g Qukes baby cucumbers
- 500g chicken tenderloins, trimmed, roughly chopped
- 1 tbs Tandoori paste
- 1 cup natural yoghurt
- 2 tbs vegetable oil
- ¼ cup mango chutney
- ¼ iceberg lettuce, shredded
- mint leaves and roti bread warmed to serve

**METHOD**

- Combine chicken, tandoori paste and 1 tablespoon of the yoghurt in a bowl. Stir to coat.

- Heat a non-stick frying pan over a medium to high heat. Add oil and swirl to coat, add the chicken. Cook, stirring occasionally for 5 minutes or until cooked through. Remove to a bowl.

- Combine chutney and remaining yoghurt, spoon mixture evenly among six 225ml serving cups. Top with lettuce.

- Cut the Qukes lengthways into quarters. Arrange in cups around the inside edge. Spoon chicken over lettuce. Top with mint leaves. Serve with roti bread.

**Tip: You can replace the Tandoori past with satay if you like**



◆ **HEALTHY SNACK:** This recipe for tandoori chicken and Quke salad cups is perfect for lunches and summer picnics.

**YOUR HEALTH**



with **Teresa McMahon- Practice Manager**  
SOUTH WANGARATTA MEDICAL CENTRE

◆ **PROTECT YOUR SKIN:** It's important to take care of your skin and get it checked if you notice any abnormalities.

# Looking after the skin that you are in

IN our sun-soaked Australian community, skin cancer is a pressing concern that demands attention.

With an alarming annual rate of approximately 15,000 new cases of melanoma, the deadliest form of skin cancer, and over 1500 lives lost to it, the statistics paint a sobering picture.

But it's not just melanoma non-melanoma skin cancers like basal cell carcinoma and squamous cell carcinoma affect around 950,000 individuals each year.

These numbers highlight the importance of sun safety and regular skin checks.

Identifying and treating skin cancer early increases the likelihood of avoiding surgery, disfigurement, or even death, especially in the case of serious melanoma or other forms of skin cancer.

It is important to familiarize yourself with your skin's appearance, paying close attention to spots and moles, to detect any changes that could indicate skin cancer.

**Keep an eye out for:**

- Crusty, non-healing sores

- Small lumps that appear red, pale, or pearly
- New spots, freckles, or any moles that change in colour, thickness, or shape over several weeks to months.

In order to try and reduce your risk of skin cancer please make sure that you:

- Slip on some sun-protective clothing - that covers as much skin as possible.
- Slop on broad spectrum, water resistant SPF30 sunscreen.

Put it on 20 minutes before you go outdoors and every two hours afterwards.

Sunscreen should never be used to extend the time you spend in the sun.

- Slap on a hat - that protects your face, head, neck and ears.
- Seek shade.
- Slide on some sunglasses - make sure they meet Australian standards.

It is best to discuss your risk level with a doctor and seek advice on early detection, including undertaking regular skin checks with a skin cancer centre or your GP.

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