



Chicken tikka (OP I)

Serving: 1

Non Veg

Ingredients

- 150 chicken breast cut into one inch pieces
- 1 tbsp lemon juice
- 100 grams fat plain Greek yogurt
- 1 tsp ground cumin
- 1 tsp ground coriander
- 3 cloves of garlic smashed and finely chopped
- 2 inch piece of ginger – grated or paste •
- 1 teaspoon red chilli powder
- Salt to taste

Preparation Method

- 1. Place the chicken pieces in a bowl and rub in the lemon juice. Mix all the marinade ingredients and allow to marinate for 1-2 hours
- 2. When ready to cook, build a log or charcoal fire in your barbecue or turn your oven to its highest setting. Cooking on the barbecue gives a more authentic tandoori flavour.
- 3. Scrape off as much of the yogurt marinade as possible and put the chicken pieces on skewers.
- . Place over a hot grill until cooked through or place them in your pre-heated oven for about 15-20 minutes.
- serve with vegetable salad