



Chicken tandoori*

Serving: 1

Non Veg

Ingredients

- 150 grams chicken thighs, no skin and deboned
- 3 tablespoons greek yogurt
- 1 teaspoon Salt
- 1 teaspoon ground ginger
- 1 teaspoon paprika or red chilli powder
- 1 teaspoon turmeric
- 1 tablespoon Garam Masala

Preparation Method

- Cut very shallow little lines into the skinless chicken thighs and add them to a bowl.
- Mix all of the dry ingredients in a bowl, then add yogurt to make a paste.
- Add mixture to the bowl.
- Let marinade in the refrigerator for at LEAST 8 hours, or 24 hours is best. You can do this before bed one night and pop it in the oven after work the next night.
- Remove it and Preheat the oven to 400 degrees and cook on a sheet pan for 35-40 minutes. Or until it is 165F and has a dark finish
- serve with vegetable salad
- Note : You can even grill on tawa or pan using cooking oil