

CHICKEN TIKKA

Ingredients

6 boneless skinless chicken breast
2 tsps curry powder
2 tsps garlic paste
1 tsp ginger paste
2 tbsp tomato paste
2 tbsp lemon juice
2 tsps coriander powder
2 tsps cumin powder
½ tsp paprika powder
½ tsp tandoori masala
2 cups plain yoghurt

Method:

- ❖ Mix all but chicken together in bowl, refrigerate overnight.
 - ❖ Add chicken, cut in 1 1/2 inch cubes to marinate in aforementioned bowl, cover and refrigerate at least 4 hours.
 - ❖ Preheat oven to 350 degrees.
 - ❖ Bring chicken to room temperature and skewer on bamboo skewers (soaked in water for 30 minutes).
 - ❖ Place on baking tray and bake in oven for 20 to 35 minutes.
 - ❖ Three tbsp of butter can be drizzled over for the last 5 minutes of cooking.
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