



CHICKEN TIKKA

This recipe serves 4.

INGREDIENTS

- 4 chicken breasts - cut into 1 inch dice

For the marinade:

- 2 teaspoons crushed garlic - made into a paste with 2 teaspoons fresh ginger
- 2 tablespoons lemon juice
- 250g Greek yoghurt
- 1 teaspoon garam masala
- 100ml vegetable oil
- $\frac{1}{2}$ teaspoon cinnamon powder
- $\frac{1}{2}$ teaspoon red chilli powder

- butter-oil mixture for basting
- 1 teaspoon lime juice
- 1 teaspoon chat masala

HOW TO MAKE IT

1. Prepare the marinade by mixing all the marinade ingredients in a mixing bowl. Place the chicken in the marinade. Set the bowl aside for 2 - 3 hours for the marinade to flavour the chicken.
2. Heat the oven to 180°C/Gas 4. Place the chicken on a baking tray. Bake the chicken for 20 - 25 minutes or until it is cooked thoroughly and no pinkness remains in the juice after testing.
3. Lightly brush the cooked chicken with the butter and oil. Sprinkle the chat masala over it. Serve hot with salad and mint chutney.

EQUIPMENT

- chopping board
- sharp knife
- garlic crusher
- tablespoon
- teaspoon
- measuring jug
- mixing bowl
- small bowl
- baking tray - lightly greased