

Chicken Tikka

Marinated Tikka Chicken cooked on Skewers,
garnished with fresh Coriander and squeeze of
lemon juice



Ingredients

- ☐ 4 Chicken Breasts
(or 5 / 6 Chicken thighs)
- ☐ 1 Red Bell Pepper cut into chunks
- ☐ 2 Red Onions cut into chunks

For the Marinade

- ☐ 3—4 heaped tbsp of Downderry Tikka Masala Spice blend
- ☐ 2 cloves of Garlic, Grated
- ☐ 2 tbsp of Fresh Ginger, Grated
- ☐ 250g Greek Yoghurt
- ☐ Juice of 1 Lemon
- ☐ Vegetable oil for brushing
- ☐ Handful of fresh Coriander

6 Skewers—*remember to soak if wooden skewers for 20mins in water*

To Serve: *garnish with the coriander, a crisp salad or enjoy wrapped in a Naan with a chutney or other Indian Garnish*

Instructions

- * Prepare the chicken by washing and drying thoroughly, then cut into large pieces (big enough to skewer)
- * Mix the Downderry Tikka Masala with the yoghurt
- * Add the Chicken, Onions and Red Pepper to the Mix and rub the yoghurt mix so it covers all the added ingredients. Then place in the fridge for at least an hour, a bit longer if you can
- * Heat the Oven to 200 C/180 Fan
- * Skewer the Chicken and Vegetables and place on a baking tray and lightly brush with oil then place in the middle of the oven and cook for 10—15 minutes
- * Turn the Chicken skewers over brush with oil again and replace in the oven for another 15 minutes
- * Check that the Chicken is cooked then garnish with the Coriander then serve with your favourite sides