



Tandoori Chicken Wings or Cauliflower florets.

Ingredients

12 chicken wings/whole large cauliflower broken into individual florets

Salt and pepper

Marinade

150ml butter milk or 100ml plain yoghurt watered down

juice of 1 lemon

3 Tablespoons oil

2 teaspoon fresh garlic paste or very finely chopped fresh garlic

1 teaspoon fresh ginger paste or very finely chopped fresh ginger

2 Tablespoons coriander leaves, finely chopped

1 Tablespoon dried fenugreek leaf or dried mint

1. tablespoon paprika

1 teaspoon chilli powder

½ teaspoon turmeric

1 teaspoon garam masala

1 Tablespoon mild curry powder

1 teaspoon salt

30ml water

Method

Prepare the marinade by Simply mixing all the ingredients together in a bowl.

Salt and pepper the chicken wings then add them to the marinade ensuring they are completely coated. Marinate for minimum 1 hour or overnight for a deeper flavour.

If using cauliflower florets marinate the florets for minimum 1 hour or overnight.

Meantime pre-heat the oven or BBQ to 200c.

Place wings/florets on baking tray and place in oven or BBQ for 20 minutes. Turn and cook for a further 10 minutes.

Serve with a mint and cucumber raita and poppadom's.