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Terry's Tandoori Tikka

Ingredients

1 kg boneless skinless chicken breasts or thighs
4 tbsp yoghurt (full fat)
1/2 tsp ginger paste
1/2 tsp garlic paste
2 tsp tandoori powder
1 tsp paprika powder
1 tsp chili powder
½ tsp turmeric powder
½ tsp pepper powder
¼ tsp orange red food colour
1 to 2 tbsp oil for frying or baking
Juice of 1 or 2 limes (or more - according to taste)

Preparation

- 1 Wash the chicken well and place it in a colander for all the water to drain.
 - 2 Next, apply a little salt and turmeric powder to the chicken.
 - 3 Then apply the ginger/garlic paste to the chicken.
 - 4 Then apply the yogurt and mix well.
 - 5 In a bowl squeeze some lime juice and all the powders (mentioned in the ingredients) and mix it well.
 - 6 Pour this mixture over the chicken pieces and mix thoroughly.
 - 7 Then allow to marinate for a few hours. This dish tastes better if the chicken is kept overnight.
 - 8 After that in a non-stick frying pan put very little oil (say a tbsp) and fry the chicken pieces on medium fire - turning from time-to-time for about 25 to 30 minutes.
 - 9 Alternatively, if you prefer, you could bake the chicken in the oven.
 - 10 Serve piping hot with mint chutney or yoghurt.
 - 11 ENJOY!
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