Posted on 3 October 2012

by Terry Sequeira

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!