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Tandoori Chicken with Cucumber and Mint Raita

Ingredients

2 chicken breasts
1 lemon
A small chunk of fresh ginger
1 green chilli
2 fat cloves of garlic
250 ml low fat Greek yoghurt
A heaped teaspoon of curry powder
A heaped teaspoon of cumin
A heaped teaspoon of ground coriander
Half a teaspoon of paprika
Half a teaspoon of turmeric
1 tablespoon of tomato puree
Salt
1 tablespoon of fresh mint
1 tablespoon of fresh coriander
Lemon and lime wedges to garnish

Preparation

1. 1.
2. Make 3 or 4 deep cuts in each piece of chicken, without cutting right through. Place them in a dish and squeeze over the juice of half a lemon. Put in the fridge while you prepare the marinade.
3. 2. Peel the ginger and grate it. Deseed and finely chop the chilli. Peel and crush the cloves of garlic.
4. 3. Spoon the yoghurt into a bowl. Add the prepared ginger, chilli and garlic, plus the curry powder, coriander, cumin, turmeric, paprika and tomato puree. Finely chop the mint and coriander then add them to the bowl, season with salt and mix everything together well. Place the chicken breasts in the yoghurt mixture and use your hands to make sure that the mixture coats the chicken completely and goes into the slits too. Cover the bowl and leave it in the fridge to marinate overnight, or prepare it in the morning to eat in the evening.
5. 4. Take the bowl out of the fridge into room temperature 15 minutes before cooking. Preheat the grill until it is really hot. Lift the marinated chicken onto the rack in the grill pan and put it under the grill, not too high up. Cook for about 25 minutes, turning once, or until the chicken is well browned and completely cooked through
6. check with a skewer to make sure.
7. 5. Serve with watercress or green salad leaves, and wedges of fresh lemon and lime to squeeze over it.

Cooks Note

Note:

- I like to save a little of the marinade when I prepare it, before I put the chicken in, to baste the chicken with when I turn it. Or you could baste with a little olive oil if you wish.
- You might like to add a few drops of food colouring to the marinade if you want the meat to have the traditional red tandoori colour.