

## Grilled Chicken Tandorri



4 20 mins 40 mins

### INGREDIENTS

- 4 Chicken Maryland portions, skin removed and slashed 3 times to the bone
- 1 tsp minced ginger
- 1 tsp minced garlic
- Pinch of cayenne
- 1 tsp white pepper
- 1 cup tandoori paste
- 1½ cups yoghurt
- 1 lemon, juiced

#### Raita

- Pinch Asafetida powder, cooked briefly in 1 tbpn of vegetable oil
- Pinch cumin powder
- Pinch coriander powder
- 2 Cucumbers, peeled and diced
- 2 tbpn of fresh coriander chopped roughly
- 1 cup yoghurt

Combine all ingredients together and mix well.

#### Serving suggestions

- 4 papadums
- 1 lime cut into cheeks

### METHOD

Mix together the ginger, garlic, cayenne, white pepper, lemon juice and rub onto and into the chicken. Leave to marinate for two hours.

Combine the Tandoori paste and 1½ cups of the yoghurt. Rub this mixture onto the chicken and leave to marinate for a further two hours.

Wipe the marinade off the chicken, and place onto a lightly oiled baking sheet. Bake in a preheated oven 230°C until the edges start to char and darken, the chicken will be cooked in 40 minutes depending on the size of the pieces. Pierce near the bone the juices should run clear.

Squeeze over a little lemon juice and season with salt. Serve with the raita, papadums, fresh lime cheeks and a bowl of steamed rice