

Chicken Tikka



Ingredients

- 2 chicken breasts
- 2 x 15ml spoons tikka paste
- 3 x 15ml spoons plain yogurt
- ½ lemon

Equipment



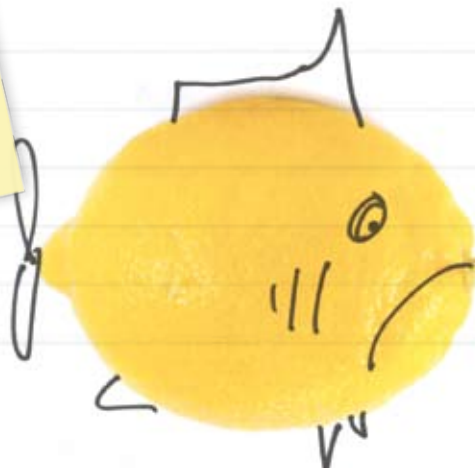
Method

1. Remove any skin from the chicken and cut into large chunks.
2. Mix the tikka paste and yogurt together.
3. Squeeze the lemon and add to the yogurt mixture.
4. Stir the chicken into the yogurt mixture, cover and marinate for at least 30 minutes.
5. Preheat the grill, so that it is very hot.
6. Place the chicken on a non-stick baking tray, and place under the hot grill, for about 10-15 minutes.
7. Turn over the pieces of chicken, so that it cooks throughout.

Top Tips

- No lemon squeezer? Use a fork!
- Use chicken thighs, as they are less expensive.
- Serve with rice and salad.

Marinate the chicken the night before for an easy dish!



Skills

- Handling raw meat
- Using a knife
- Using the grill