

MILD/
MEDIUM

For this marinade you will need:

Chicken Tikka Kit

4 large chicken breasts

20g fresh root ginger, peeled and grated

200ml full-fat yoghurt

2 garlic cloves, peeled and grated

½ tsp salt

Wooden skewers

Method

1. Cut the chicken into 3cm pieces.

2. Empty the contents of the Spice Bag into a bowl together with the garlic, ginger, salt and yogurt and mix together.

3. Add the diced chicken to the marinade and combine until the chicken is thoroughly coated. Cover and leave and refrigerate for 1 hour.

4. Soak wooden skewers in water for 10 minutes.

5. Remove from the marinated chicken from the fridge and place on the wooden skewers. Place on the bbq or in a pre-heated oven (200 degrees celsius) until cooked through.

This would be ideal for chicken legs, thighs or whole breasts. Remove the skin and lightly score the meat several times. Follow the rest of the recipe from Step 3 and cook without the use of the wooden skewers.