

We fancied a break from the Asian recipes, so we went to India for a change. Pretty close geographically, but quite a difference in the spice profile.

Ingredients:-

2 Uncooked Chicken Breasts, cubed
100ml Lactose free Milk
2 Tbsp Margarine, melted
1/ Tsp of Cumin powder
½ Tsp of Coriander powder
½ Tsp of Chilli powder
½ Tsp of Turmeric
½ a Lime, juiced
½ a Lemon, juiced
2 Tbsp of Tomato Puree
½ Tsp of Garam Masala
20ml of Oil
Salt & White Pepper to season

Method:-

(1) Season the Chicken with Salt & Pepper.
(2) Add the Milk to a bowl and then add the Lemn and Lime juice. Stir in and let it rest for 10 minutes.
(3) Add all the remaining ingredients and combine.

(4) Pour the mixture over the Chicken and coat fully.
(5) Place in the fridge for 4 to 5 hours, preferably over night.
(6) Preheat the oven to 180c.
(7) Place the Chicken on a baking tray and cook for 20 to 25 minutes until fully cooked through.

We served ours with boiled Rice, home brewed Onion Bhaji , a Cucumber salad and popadoms.