

QUICK TANDOORI CHICKEN - this recipe is made with chicken thighs but you can use breast of chicken if you prefer.

Serves 4-6

Preheat oven 240 degrees

Ingredients: For the Tandoori Chicken

8 boneless, skinless chicken thighs cut into halves

200ml full fat Greek yogurt

4 garlic cloves, finely grated

4 tsps. Tandoori powder

½ tsps. Chili flakes

Juice of ½ lemon

½ salt or to taste

Method:

1 – In a large bowl mix together the yogurt, grated garlic, tandoori powder, chili flakes, lemon juice, salt – this will be the marinade. Add in the chicken pieces, ensuring each piece is full coated.

2 – Line a large baking tray either with a silicone baking mat or baking parchment brushed with oil. Lay out marinated chicken pieces in a single flat layer on to the tray and place in the top of the oven for 15-20 minutes until cooked through.

3 – While the chicken is cooking, prepare your minty onions. In a large bowl mix together the onions, vinegar, sugar and salt; give a good scrunch with your hands and leave to pickle for about 20 minutes before stirring in the mint.

4 – Heat a large frying pan or chapatti pan and use to heat the naan through, about 2 minutes each side, brush with melted butter and put each onto an individual plate.

5 - Top the naan with a handful of shredded lettuce, your cooked tandoori chicken, and a helping of minted onions. Add a little yogurt on top if you fancy it.

To Serve:

4-6 shop bought nan breads

50g melted butter

½ iceberg lettuce, shredded

MINTY ONIONS

Most Indian restaurants will serve a version of minty onions with their poppadum's. Some restaurants dress them with a sweet mint sauce and some slightly salty garden mint. I prefer the salty minty version myself. Again, this quick cheeky little onion salad is served in contrast to the spicy starters and work amazingly well. If I want to have a salad with my curry and chapattis and don't have any salad in the house, I will quickly make some minty onions to have with my meal.

Ingredients

2 medium red onions thinly sliced
3 tbsp. red wine vinegar
1 heaped tsp. Sugar
½ tsp. Salt
Handful of fresh mint leaves, finely chopped
Salt to taste

Cucumber Raita:

1/2 cucumber diced
6 tbsp. natural yogurt
½ tsp. Salt
1 tsp. cumin seeds, roast and crushed

Method for raita:

1 - Score cucumber and cut over a bowl into the yogurt, season with salt and cumin – mix together.