



PARVEEN'S INDIAN KITCHEN

TANDOORI CHICKEN WITH MINTY ONIONS & NAAN BREAD



INGREDIENTS

- 8 chicken thigh fillets, boneless, skinless and cut in half
- 200ml full fat Greek yogurt
- 4 garlic cloves, finely grated
- 4 tsp tandoori powder
- ½ tsp chilli flakes
- ½ lemon, juice of
- salt, to taste
- vegetable oil

FOR THE MINTY ONIONS

- 2 medium red onions, thinly sliced
- 3 tbsp red wine vinegar
- 1 heaped tsp sugar
- ½ tsp salt
- handful fresh mint leaves, finely chopped
- salt, to taste

TO SERVE

- 4-6 naan breads (it's OK to use shop bought ones!)
- 50g melted butter
- ½ iceberg lettuce, shredded
- 4-6 spoonfuls Greek yogurt (optional)

serves: 4-6 cooking time: approximately 40 minutes

METHOD

1. Preheat your oven to 240°C. In a large bowl mix together the marinade - mix the yogurt, garlic, tandoori powder, chilli flakes, lemon juice and salt together. Add the chicken then fully coat each piece in the marinade.
2. Prepare your minty onions - in a large bowl mix together the onions, red wine vinegar sugar and salt, stir then leave to pickle for 20 minutes.
3. Meanwhile line a large baking tray with baking parchment, brush with oil then lay the chicken out as a single layer. Bake for 15-20 minutes until cooked through.
4. Heat a large frying pan (or chapatti pan if you have one) then heat the naan breads individually for 2 minutes to each side, brush with melted butter then place onto a serving plate, heat the rest of the naan breads.
5. Top the naans with a handful of shredded lettuce, tandoori chicken and the marinated minty onions. Serve with a dollop of yogurt then enjoy!

Parveen
x

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