

### CHICKEN TIKKA



**Serves 4**

#### **INGREDIENTS**

- 1 carton 150g low fat natural yoghurt
- 1 tbsp ground ginger 15ml
- 1 tbsp chilli powder 15ml
- 1 tbsp ground coriander 15ml
- 2 tsp olive or sunflower oil 10ml
- 2 cloves of garlic crushed 2
- A pinch of salt
- 1 tsp lemon juice
- 4 medium boneless chicken breast skin removed and cube.

#### **METHOD**

1. Place the yoghurt, spices, oil, garlic, salt and lemon juice in a bowl and mix well. Stir in the chicken and place in the refrigerator to marinate overnight.
2. Place the chicken cubes on to skewers (if using wooden skewers soak well in water) and place under a preheated grill.
3. Cook for 8-10 minutes, until cooked through, basting frequently with the marinade.

Serve with boiled rice and a side salad.