

TANDOORI CHICKEN RECIPE

Tandoori Chicken is always a winner on any Indian restaurant menu so why not bring this popular dish to your kitchen.

Ingredients:

- 1 cup Greek yogurt
- Juice of 1 lime
- 3 tsp Atlas Tandoori Masala
- 1kg tender chicken legs
- Salt to taste
- 2 tbsp oil
- 2 tsp garlic & ginger
- ¼ tsp red food colouring (optional)
- 1 green chilli pounded
- Fresh coriander to garnish

Method:

- 1) In a large bowl, add all the ingredients – yoghurt, lime, tandoori masala, oil, food colouring, green chilli and salt to taste.
- 2) Add chicken and toss until fully coated. Let marinate in the fridge at least 2-3 hours or the best flavour, overnight.
- 3) When ready to bake, preheat oven to 180C and line a baking sheet with a wire rack. Bake chicken 20 minutes, then flip and bake 20 minutes more.