



Arvinda's

premium spice blends for Indian cooking

TANDOORI CHICKEN

This is North India's succulent signature dish, cooked in a clay oven called a *tandoor*. Typically, the chicken marinade contains red food colouring. You can omit this if you prefer keeping the dish natural and free of artificial colours.

(Serves 4)

Ingredients:

3 lbs chicken pieces (*thighs, breasts or 8-10 legs*)
oil for basting

Marinade:

½ cup thick plain yoghurt
3 tbs **Arvinda's Tandoori Masala** (*or to taste*)
1 tbs lemon juice
1 tsp salt (*or to taste*)
½ tsp red food colouring (*optional*)
1 tbs fresh coriander, finely chopped, to garnish
½ tsp **Arvinda's Garam Masala**, to garnish

Method of Preparation:

In a large bowl, combine marinade ingredients. Set aside some marinade for basting if cooking on the barbeque. Add chicken pieces and coat evenly. Cover bowl, refrigerate and marinate for 4 hours or overnight.

Cook on the barbeque and baste as needed. Garnish with coriander and **Arvinda's Garam Masala**.

Option: Place marinated chicken on a foil-lined baking sheet and bake in the center of a preheated oven at 190C/375F/Gas Mark 5, turning over to achieve even baking. Brush with a little oil and bake, about 15-20 minutes or until chicken is cooked and slightly brown.