



CLONAKILTY

CHEF EDWARD HAYDEN'S TANDOORI STYLE CHICKEN



By Irish Yogurts Clonakilty

Tandoori Style Chicken

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Method

- Preheat the oven to 190C/375F/Gas Mark 5.
- Mix the [Irish Yogurts Clonakilty Spoonable Kefir Natural Yogurt](#), garlic, garam masala, lemon juice, ginger and the chilli powder together in a small bowl and season.
- Spread over the chicken and chill for at least twenty minutes
- Put the chicken strips on a flat baking tray lined with parchment paper and bake in the preheated oven until blackened at the edges, about 15- 20 minutes

For the Raita

- Wrap the grated cucumber in a tea towel and squeeze out any excess water
- Mix together all the ingredients and serve chilled as an accompaniment to the chicken

To assemble

- Serve on a large platter with some of the salad leaves, basmati rice, naan bread, coriander and



some minted cucumber Raita

Ingredients

- 4 breasts of chicken-cut into strips
- 2 tablespoons [Irish Yogurts Clonakilty Spoonable Kefir Natural Yogurt](#)
- 2 cloves garlic, crushed
- 1 teaspoon garam masala
- ½ tsp chilli powder
- ½ inch ginger, grated
- Pinch ground tumeric
- Juice of ½ lemon

For the Raita

- 5 tablespoons [Irish Yogurts Clonakilty Spoonable Kefir Natural Yogurt](#)
- 1 cucumber, grated or finely chopped
- large handful mint leaves, chopped
- large pinch salt
- ½ green chilli, de-seeded and finely chopped (optional)

To Serve

- Mixed lettuce leaves
- Lime Wedges
- Basmati Rice
- Naan Bread

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