



CHICKEN TIKKA SKEWERS



By OneYummyMummy

Chicken Tikka Skewers

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Method

- Cut your chicken into strips
- Add to Skewers
- Place the Skewers in the Marinade for 1 hour to overnight
- Add the chicken to Skewers
- Cook on an oiled barbecue for 7 minutes on each side until completely white in the middle
Or
- Over Bake at 180c fan for 20 to 30 minutes

Ingredients

- 3 chicken breasts cut into strips
- **For the Marinade**
- 200g Irish Yogurts Clonakilty Natural Live Yogurt
- 1 tablespoon tomato puree
- 1 tablespoon mango chutney
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon mixed spice

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