



TANDOORI CHICKEN WITH KEFIR AND COURGETTE RELISH



By Irish Yogurts Clonakilty

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Method

For the Chicken

- Cut 2 deep diagonal slits into the fleshy parts of each chicken thigh and each drumstick
- Put the rest of the ingredients into a blender and blitz for a minute then cover the chicken in the kefir marinade for a few hours or even better overnight
- Turn on the airfryer for 3 minutes at 190°C to preheat then reduce the temperature to 180°C and cook for 25 minutes

For the Relish

- Put the courgette into a small saucepan along with 150ml of water. Bring to the boil and simmer for 2 minutes, drain then refresh under cold water, then pat dry
- Put the yogurt, salt, sugar, black pepper and cayenne pepper in a bowl and stir with a fork until smooth. Add the drained courgette and mix well



- Pour the oil into a small frying pan and set over a medium heat. When hot add the mustard seeds, as soon as they're hot, a matter of seconds add the Jalapeno and basil leaves then take the pan off the heat and pour over the yogurt

Ingredients

For the Chicken

- 2 Chicken legs, skinned and separated into drumsticks and thighs
- ½ teaspoon of salt
- 1 tablespoon of lemon juice
- 1 clove of garlic peeled and chopped
- Small piece of root ginger, roughly chopped
- Large pinch of flaked chilli
- 1 level teaspoon of Garam masala
- 1 teaspoon of ground cumin
- 150 mls of [Irish Yogurts Clonakilty Kefir Natural](#)

For the Relish

- 1 small courgette coarsely grated
- 250mls of [Irish Yogurts Clonakilty Kefir Natural](#)
- A scant teaspoon of salt
- 1 teaspoon of caster sugar
- Freshly ground black pepper
- A pinch of cayenne pepper
- 2 teaspoons of olive oil
- ½ of mustard seeds
- 1 Jalapeno pepper, sliced
- 4 basil leaves, torn.

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