



The Mill Court

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Chicken Tikka

INGREDIENTS

2 tblsp of tomato sauce
1 tblsp mint sauce
1 tblsp chilli powder
1 tblsp tandoori masala
1 tblsp paprika
Pinch methi leaves
Pinch of salt

Tsp lemon juice
Tbsp gram masala
100g natural yoghurt
Cup oil
1 clove garlic
Tsp ginger

Method

Combine all the ingredients in a large bowl to make the marinade

Place the chicken in the marinade, mix well ensuring that all chicken is covered. Cover and marinate in the fridge overnight.

Pre-heat the oven to 200°.

Place the marinated chicken in a deep baking tray and cook for 35 mins

Our Chicken Tikka is then served in its own gravy from the marinade on a crisp poppadum and topped with onions and peppers. This is served with a side order of your choice.