



Chicken Tikka with a Mauritian Twist



Ingredients (serves 4)

- 800g skinless, boneless chicken breast
- 150g natural yoghurt
- 80g ginger, grated
- 4 garlic cloves, grated
- 2 tbsp Ragini's Mauritian Curry Powder
- 1 tbsp lemon or lime juice
- 2 tbsp tomato purée
- 50g unsalted butter, melted
- salt

Method

Cut the chicken into 4cm cubes.

Put the yogurt, ginger, garlic curry powder, lemon or lime juice and tomato purée into a bowl and stir to mix well. Stir in the melted butter.

Add the chicken pieces and stir until they are all evenly coated.

Cover the bowl with cling film and place in the refrigerator for at least 4-6 hours or preferably overnight, to marinate.

To cook the chicken, preheat the grill to medium-high. Thread the chicken pieces on to metal skewers.

Grill the chicken for 8-10 minutes, turning now and then and basting occasionally with the yogurt marinade.

To check the chicken is cooked through, take one of the biggest pieces and cut it in half. There should be no sign of pink and the juices will run clear when it is done.

Serve with rice, flatbreads, such as roti or chapattis, and salad.