

Dipna Anand's Chicken Tikka

Cuisine: **Indian**

Food category: **Poultry**



Author: **Phil Smith**

Company: **Retigo**

Program steps

Preheating: 200 °C

1	Hot air	100 %	Termination by time	00:25 hh:mm	180 °C	100 %	
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Ingredients - number of portions - 4

Name	Value	Unit
Diced chicken breast	800	g
Greek Yogurt	160	g
1 ½ level teaspoons red chilli powder	0	pcs
2 tablespoon ginger and garlic paste	0	pcs
2 level teaspoons garam masala	0	pcs
1 ½ teaspoons cumin powder	0	pcs
6 tablespoons vegetable oil	0	pcs
1 teaspoon turmeric	0	pcs
2 ½ tablespoons white vinegar	0	pcs
1 teaspoon green chilli paste	0	pcs
1/4 teaspoon orange food colouring powder	0	pcs
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1 level tablespoon dried fenugreek leaves	0	pcs

Directions

Mix together all the marination ingredients (do not add the chicken at this stage).

Ensure marinade is mixed together well, adjust seasoning and orange colour as needed.

Next, add your chicken pieces to the yoghurt mixture and use your hands to evenly coat the chicken in the marinade.

Leave the chicken to marinate for about an hour (you may also leave to marinate the chicken overnight, this way the chicken absorbs all the flavours in the marinade better).

Once the chicken has been left to marinate, cook in the oven at 180°C for 20-25 minutes until the chicken has cooked through and juices are running clear.

Nutrition and allergens

Allergens:

Minerals: , Calcium, Iron, Magnesium, Phosphorus, Potassium

Vitamins: , B Vitamins, Vitamin A, Vitamin C

Nutritional value of one portion	Value
Energy	353.6 kJ
Carbohydrate	1.4 g
Fat	7.4 g
Protein	66 g
Water	181.2 g



GN container Stainless
steel full