

CHICKEN TIKKA WITH COCONUT, APPLE AND GINGER DAL

FOR THE CHICKEN TIKKA

500g chicken, boneless and cubed
½ cup Greek yogurt
1½ tbsp tikka tandoori paste
1 tbsp oil (veg)
1 to 2 tbsp lemon juice
Pinch of salt

FOR THE COCONUT, APPLE AND GINGER DAL

2 tbsp vegetable oil
½ large onion, finely chopped
2 garlic cloves, finely chopped
3 tsp mild curry powder
Pinch of turmeric
2 tsp ginger purée (or 2g fresh ginger, peeled and grated)
1 large apple, unpeeled and grated using the large holes of a box grater
1 can coconut milk
½ cup red lentils
2½ cups water
2 tbsp lemon juice

METHOD

CHICKEN TIKKA

1. Put yogurt into a mixing bowl with the tandoori paste, lemon juice, oil and salt and mix well.
2. Add chicken cubes to the marinade and mix together.
3. Marinate the chicken in the fridge for at least 1 hour, but preferably overnight.
4. Line your baking tray with foil and place a rack over it. Place the marinated chicken cubes on the rack.
5. Preheat oven to 240°C/465°F/gas 9.
6. Bake the chicken until cooked and tender (approximately 20 minutes depending on the size of your chicken pieces).

COCONUT, APPLE AND GINGER DAL

1. Heat oil in large pot over medium heat.
2. Add curry powder and turmeric, stirring for 1 minute until fragrant.
3. Add onion, garlic, ginger and cook for 3 minutes, stirring until softened.
4. Add grated apple and lentils and stir to coat.
5. Stir in coconut milk and 2½ cups of water and bring to boil.
6. Cook for 20-25 minutes.
7. Season with salt and serve with chopped coriander and naan bread.



40-45m



SERVES 4



FREEZABLE



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