



Chicken tikka with kachumber and roti

Prep: 6-24 hours (marinade overnight) • Cook: 15 minutes • Serves: 4



Ingredients

Chicken tikka

30g fresh root ginger, peeled and roughly chopped
10g garlic, peeled weight (about 2-3 cloves)
10g green chillies (1 small chilli), stalk and seeds removed, then roughly chopped
30ml rice vinegar
½ teaspoon smoked paprika (sweet or spicy, depending how fiery you like it)
1 teaspoon ground turmeric
1 ½ teaspoons granulated or caster sugar
1 tablespoon vegetable oil
500g boneless and skinless chicken thighs

Kachumber

½ red onion
1 large or 2 medium tomatoes (about 200g)
Half a cucumber (200g)
Leaves from about 8 sprigs of coriander
Juice of ½ lime

To serve

1 lime, cut into 4 wedges
4 rotis or chapatis (alternatively, use wholewheat flatbread/wrap or toasted and cut wholemeal pitta)
4 heaped tablespoons Greek yoghurt

Nutritional info

Low phosphate ✓
Low potassium ✓
Low fat (less than 3g/100g) ✗
Carbohydrate **35.6g**
Low protein ✗
Low salt ✓
Cost per portion (February 2023) **£2.45**
Energy in kcal **435**

- 1** Marinade the chicken: blitz all the ingredients apart from the chicken (in a blender or mini food processor) to make a smooth paste. Cut each chicken thigh into 3 pieces and pat dry with kitchen paper, then put into a bowl. Pour the marinade over the chicken and gently mix to coat. Cover and leave to marinate in the fridge for 6 to 24 hours.
- 2** Take the marinated chicken out of the fridge 20 minutes before cooking. Start the kachumber: slice the red onion into fine strips, place in a small bowl and cover with cold water. Quarter the tomato, remove and discard the seeds, then slice the flesh into thin strips and place in a large bowl. Slice the cucumber in half lengthways and use a teaspoon to scoop out the seeds (discard these). Slice the cucumber into thin crescents and add to the tomato.
- 3** Cook the chicken: heat the grill to high. Thread the chicken onto skewers, leaving a little space between the pieces so the heat can cook it through, and lay them out onto a large baking tray (you can line it with foil to make the washing-up easier). Grill for about 15 minutes, turning halfway through, until the chicken is deep golden brown with some charred edges. Check a piece to make sure it is cooked all the way through. Leave to rest for 5 minutes before serving.
- 4** While the chicken is cooking, drain the onion, pat dry with kitchen paper and add this to the tomato and cucumber. Stir and leave to stand for 5 minutes. Roughly chop the coriander leaves.
- 5** Warm up the rotis: sprinkle each side lightly with water, then heat in a preheated dry frying pan for 30 seconds on each side, or in a warm oven for 2 or 3 minutes.
- 6** When ready to serve, add the chopped coriander leaves to the salad, squeeze over the lime juice and mix well. Serve the chicken with a wedge of lime per person, the roti and salad. Spread a spoonful of yoghurt onto the roti should you wish.