



We fancied a break from the Asian recipes, so we went to India for a change. Pretty close geographically, but quite a difference in the spice profile.

Ingredients:-

2 Uncooked Chicken Breasts, cubed
100ml Lactose free Milk
2 Tbsp Margarine, melted
1/ Tsp of Cumin powder
½ Tsp of Coriander powder
½ Tsp of Chilli powder
½ Tsp of Turmeric
½ a Lime, juiced
½ a Lemon, juiced
2 Tbsp of Tomato Puree
½ Tsp of Garam Masala
20ml of Oil
Salt & White Pepper to season

Method:-

- (1) Season the Chicken with Salt & Pepper.
- (2) Add the Milk to a bowl and then add the Lemn and Lime juice. Stir in and let it rest for 10 minutes.
- (3) Add all the remaining ingredients and combine.

- (4) Pour the mixture over the Chicken and coat fully.
- (5) Place in the fridge for 4 to 5 hours, preferably over night.
- (6) Preheat the oven to 180c.
- (7) Place the Chicken on a baking tray and cook for 20 to 25 minutes until fully cooked through.

**We served ours with boiled Rice, home brewed [Onion Bhaji](#)
, a Cucumber salad and popadoms.**