



Chicken Tikka

Ingredient	10 Portions	50 Portions	100 Portions
Chicken Fillets	500g	2.5kg	5kg
Live Natural Yoghurt	150	750ml	1.5ltr
Dried Ginger	1 tsp	1 tbsp	2 tbsp
Cumin	pinch	0.5 tbsp	1 tbsp
Coriander	1 tsp	1 tbsp	2 tbsp
Chili Powder	pinch	0.5 tbsp	1 tbsp
Turmeric	pinch	0.5	1 tsp
Lemon Juice and Zest	1 wedge	1.5	3
Tomato Puree	80g	400g	800g
Garam Masala	0.5 tsp	0.5 tbsp	1 tbsp
Salt	pinch	0.5 tsp	1 tsp
Pepper	pinch	0.5 tsp	1tsp
Fresh Coriander	To taste	To taste	To taste

Method

1. Place chicken fillets in trays
2. Combine all of the other ingredients in a mixing bowl
3. Taste and adjust seasoning if necessary
4. Mix well with the chicken in trays
5. Cover and leave in the fridge to marinate for 24 hours
6. After 24 hours shake the marinade from the chicken, DO NOT RINSE IT OFF WITH WATER
7. Cook in the oven at 180°C until it reaches a core temperature of 75°C for 2 minutes
8. Serve sprinkled with chopped, fresh coriander

Allergens Milk