



Special yogurt chicken

This chicken is absolutely delicious served cold the following day for lunch or even your main meal, the flavours that have been used to marinade the dish are equally (if not more!) tasty!

Ingredients

- 275g plain yogurt
- 2 garlic cloves, crushed
- 1/2 tsp cayenne pepper
- 2 tsp ground cumin
- 1 tsp ground ginger
- 1 tsp ground coriander
- 1 TBS sun-dried tomato puree
- 8 skinless chicken pieces, such as thighs and drumsticks

For the dip:

- 4 TBS natural yogurt
- 1 TBS fresh mint, chopped
- 1 TBS fresh coriander, chopped

Serves 4

Method



1. In a large, non-metallic bowl, mix together the yogurt, garlic, spices and tomato puree
2. Make three slashes in each piece of chicken with a knife. Add the chicken to the marinade and coat well
3. Cover and chill for at least 4 hours or overnight
4. Preheat the oven to 230C (210C fan), gas mark 8
5. Line a baking sheet with foil. Lift the chicken from the marinade and arrange on the foil
6. Cook in the oven for 25-30 minutes until golden and cooked through
7. Mix together the ingredients for the dip. Season
8. Serve the chicken with the dip and a large green salad



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