Tandoori chicken & mint yoghurt

Ingredients: (Serves 4)

4 chicken thigh cutlets
1 bunch mint, leaves picked
½ lemon, zested then juiced
½ cup Greek yoghurt, plus ½ cup extra
1 cup self-raising flour
2 Lebanese cucumber, cut into various shapes and sizes
250g mixed tomatoes, cut into various shapes and sizes
½ red onion, thinly sliced
1 tablespoon olive oil

Tandoori marinade:

½ cup Greek yoghurt
4 garlic cloves, finely grated
thumb-sized piece of ginger, finely grated
1 tablespoon garam masala
1 tablespoon smoked paprika
½ lemon, juiced

Method:

1. Preheat oven to 220°C and line a baking tray with baking paper.

2. Combine chicken cutlets and tandoori marinade ingredients in a medium bowl with a big pinch of salt. Coat chicken and lay on lined tray, skin side up. Transfer to the oven and cook for 30-35 minutes or until chicken is cooked through and slightly charred on edges.

3. Meanwhile, finely chop half the mint leaves. Combine with lemon zest, Greek yoghurt and a pinch of salt.

4. To make the flatbread, mix flour, ½ cup yoghurt and a pinch of salt in a large bowl. Use a wooden spoon initially, then your hands, to knead and bring the dough together. Divide dough into four portions and roll into thin rounds. Heat one tablespoon oil in a large frying pan over medium-high heat. Cook flatbreads for 2-3 minutes each side or until golden, puffy and cooked through. Remove from pan and keep warm.

5. Combine cucumber, tomatoes, red onion and remaining half the mint leaves in a large bowl. Squeeze over lemon juice and toss to coat.

6. Warm flatbreads just prior to serving. Top with cucumber salad, tandoori chicken and mint yoghurt.