

Tandoori chicken with cucumber mint yoghurt

Ingredients: (Serves 4)

$\frac{3}{4}$ cup reduced-fat Greek yoghurt, plus $\frac{3}{8}$ cup extra
1 tablespoon garam masala
1 tablespoon ground cumin
1 tablespoon sweet paprika
1 tablespoon ground coriander
 $\frac{1}{2}$ tablespoon ground ginger
 $\frac{1}{2}$ tablespoon garlic powder
 $\frac{1}{2}$ tablespoon tumeric
4 chicken thighs, cut into thick strips
2 Lebanese cucumber, diced
 $\frac{1}{2}$ red onion, thinly sliced
1 bunch mint, leaves picked
1 lemon, zested then juiced
1 tablespoon olive oil

Method:

1. Combine $\frac{3}{4}$ cup yoghurt, spices and olive oil in a medium bowl. Coat chicken and set aside to marinate.
2. Meanwhile, combine cucumber, red onion, lemon zest, thinly sliced mint leaves, and the remaining Greek yoghurt, in a large bowl. Squeeze over lemon juice and toss to coat.
3. Heat oil in a large frying pan over medium-high heat. Add chicken and cook for 2-3 minutes each side or until cooked through and lightly charred.
4. Plate up with a bed of the cucumber yoghurt mixture, topped with tandoori chicken and mint leaves.