

# HARIYALI CHICKEN TIKKA



GOES GREAT WITH...

Parathas (p164),  
kosambari (p174)  
and sizzling peppers  
& onions (p179) from  
How to Be a  
Curry Legend

EXTRAS  
#62

## ALSO WORKS A TREAT WITH...

- 2 heads of broccoli broken into florets for a veg version

## RAISE YOUR GAME BY...

Marinating the chicken in the yogurt mixture overnight



# HARIYALI CHICKEN TIKKA

In Hindi, hariyali simply means 'green', an apt descriptor for this bright green chicken skewer! Hariyali chicken tikka is made by marinating chicken in a slightly spicy yogurt and herb chutney, which gives the skewers their vivid colour and delicious fresh flavour.

**Prep**  
25 mins

**Cook**  
40 mins

**Heat**  


**Serves**  
4

500g **diced chicken** (thighs are best) or use **paneer** for a veg version

1 small **red onion** - very thinly sliced

1 **clove of garlic** - finely chopped

25g **bunch of coriander** - roughly chopped

10g **bunch of mint** - leaves picked and roughly chopped

1 **green chilli** - roughly chopped (seeds removed if you prefer less heat)

1 **lemon**

150g **natural yogurt** (full fat is best)

20g **cashew nuts** or **peanuts**

1½ tsp



**HALDI BLEND**

2 tsp



**METHI BLEND**

A pinch of



**MIRCHI BLEND**

1

Blend the cashew nuts to a coarse texture

2

Add the garlic, coriander, mint, green chilli, yogurt, 1 ½ tsp **HALDI BLEND**, 2 tsp **METHI BLEND** and ½ tsp salt then blend to a smooth sauce (adding a splash of water if necessary)

3

Mix the chicken with ½ of the sauce and leave the remainder to one side

4

Preheat the grill now

5

Mix the red onion with the juice of ½ the lemon, a pinch of **MIRCHI BLEND** and ¼ tsp salt then leave to one side

6

Thread the chicken onto 4 skewers, squeezing out any excess marinade

7

Lay the skewers on a rack so the kebabs aren't sitting directly on the tray then grill (as close as possible to the heat source) for 15 minutes or until the edges are charred and the chicken is cooked through, turning regularly

8

Squeeze the juice of the remaining ½ lemon over the chicken then serve with the red onion salad and remaining sauce on the side