

Classic Chicken Tikka

Our mint-flavored twist on the classic Chicken Tikka...it's a unique and interesting flavor combination served with our healthy and simple home-fries style Roasted Mint-Cumin Potatoes.



Total Time
30 mins

Servings: 4

Ingredients

- 1 lb skinless boneless chicken thighs cut in 2-3 inch pieces
- 2 tbsp lemon juice
- ½ teaspoon salt

Marinade

- 1 teaspoon ginger garlic paste or 2 cloves garlic, minced-1/2 inch ginger, grated
- 1 tbsp thick yogurt
- 2 tbsp mint leaves
- ¼ teaspoon ground red chili
- ½ teaspoon paprika low on spice, natural color for tikka
- ¼ teaspoon garam masala
- ¼ teaspoon ground coriander

Instructions

1. Put the chicken pieces in a bowl and add the lime/lemon juice and salt to it. Let it stand for 10-15 minutes for the chicken to tenderize.
2. Next, add all the marinade ingredients to the chicken and mix them in, preferably using your clean hands. Cover and let the chicken marinade for 4-6 hours or more in the refrigerator.

Grilling

1. Preheat a gas grill to 450F and grease the grates well (if you've got a kebab stand for the grill, this is the time to use it.) Skewer the meat on well-oiled metal or pre-soaked wooden skewers; space the chicken pieces out, don't let them stick together. Cook the chicken tikka for 10-12 minutes turning once, the only way to check if the tikka are cooked is when they get a char on the outside and a plump juicy look.

Alternate Cooking Methods

1. Two great alternative cooking methods are on the griddle pan or convection oven.
2. *Stove-top:* Heat a well-oiled griddle pan and cook the tikka on all sides to get a uniform char.
3. *Oven:* Cook the Tikka at 425F for 15-18 minutes on a baking sheet with a metal rack (the chicken gets soggy if placed directly on a sheet pan,) roasting them evenly on all side.
4. Squeeze lemon juice over the Chicken Tikka while they are still hot, cover and let them stand for 5 minutes so the chicken retains its juices. Serve hot with our Cilantro-Yogurt Chutney and

delicious home-fries style like our Roasted Mint-Cumin Potatoes.