



Chicken Tikka Recipe

Spice:	Difficulty:	Total:	Prep:	Cook:	Add:
Mild	Serves Easy	20	5	15	2 hrs
4-8		mins	mins	mins	30 mins

A recipe for making restaurant style chicken tikka at home using our [tikka marinade spices](#)

For a delicious vegetarian alternative try our [paneer tikka recipe](#)

Ingredients

2 teaspoon (20g) **garlic paste**

2 teaspoon (20g) **ginger paste**

Juice from **half a lemon** (optional)

3 heaped tablespoons (100g) **plain yoghurt**

30g (1 packet) East at Home **tikka marinade spices**

1kg (approx 4) **chicken breasts** cut into 2" cubes

3 tablespoons (30ml) **vegetable oil**

Instructions

- 1 Mix the garlic and ginger paste, lemon juice and yoghurt and rub well into the chicken pieces.
- 2 Leave to marinate for 30 mins.
- 3 Add 1 of the tikka marinade spices packet and oil to the chicken and mix well so that all the chicken is coated.
- 4 Leave to marinate for 2 hours in the fridge or ideally overnight.
- 5 Remove from fridge and thread the chicken pieces onto skewers
- 6 Preheat oven, air fryer or grill on full heat
- 7 Cook the chicken skewers for 10-15 mins, brushing occasionally with oil and turning frequently.
- 8 The chicken is ready when white in the middle and slightly charred on the edges

Tips

- 1 Add chunks of peppers and onions to the marinade and cook with the chicken to make a delicious shashlik
- 2 Cook the chicken tikka on a BBQ to replicate the delicious smoky taste and flavour of a tandoori oven.

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