



# Tandoori chicken

## Ingredients (serves 1)

- 1 chicken thigh
- 1 yogurt (lactose-free in case of intolerance)
- 1 lemon
- 1 garlic
- 2 inches fresh ginger
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp sweet paprika
- Extra virgin olive oil
- Salt (skip in case of hypertension or fluid retention)

## Method

1. Cut the chicken into pieces.
2. Mix the yogurt with the chopped garlic, turmeric, cumin, sweet paprika, grated ginger, and lemon juice.
3. Remove the skin from the chicken, lightly season with salt and marinate with the previous mixture. Leave to rest in the fridge for at least an hour.
4. Place on a baking tray and lined with parchment paper and cook in the oven at 180°C for about thirty minutes. It is important to baste the chicken with the juice it releases or keep turning it while it cooks.
5. Serve warm.

## Recommendations

Use only half the lemon juice if it is too acidic (according to personal taste).  
You can save and use part of the spiced yogurt, combined with olive oil, as a sauce for the chicken.  
Serve with basmati rice and sautéed vegetables.