

# Let's get cooking with



**Healthworks**  
the community health charity

## Tandoori Chicken Tikka

### What you need:

750g chicken breast  
Tandoori Masala  
Cumin, curry and chilli powder (optional)  
Plain yoghurt  
1 pepper  
1 White onion  
2 tbsp. Ginger paste  
2 tbsp. Garlic Paste  
Food colouring

Lemon juice  
3 tbsp. Oil  
1 tsp. Salt

### How to prepare:

1. In a non-stick pan, put oil, ginger, chicken breast and fry for a few minutes on a high heat.
2. Slice the onions and peppers.
3. Add yoghurt, tandoori masala, salt, onion, pepper and the food colouring to the chicken.
4. Mix it well and cover the pan with a lid for 5 minutes.
5. Add the onions and the peppers.
6. Stir and cook well for another 10-15 minutes until all of the liquid has evaporated and the chicken is cooked.
7. Enjoy with a salad or chapattis.

### Top tips:

Works great with chapattis (see separate recipe)

# Enjoy!

From the Community Skills Team  
[www.healthworksnewcastle.org.uk](http://www.healthworksnewcastle.org.uk)