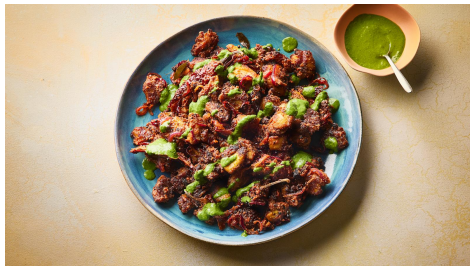


Chicken 65

★★★★☆ 4.1 | 14 ratings



Prepare

Overnight

Cook

10 to 30 mins

Serve

Serves 4–6 as a snack, or 2–4 as a main

Dietary

Egg-free | Gluten-free |
Nut-free |
Pregnancy-friendly

By Brin Pirathapan

This spicy chicken is cooled with a fresh, creamy green dressing. To make it into a main course, wrap it in a paratha or serve over rice.

Ingredients

For the marinated chicken

1 tbsp garlic paste
1 tbsp ginger paste
½ tsp salt
1 tsp white pepper
2 tbsp curry powder
½ tsp ground turmeric
½ tsp chilli powder
1 tbsp paprika
1 lemon, juice only

Method

1. To make the marinated chicken, mix all of the ingredients together in a large bowl using your hands. Cover and chill in the fridge for at least 30 minutes, ideally overnight.
2. Heat the oil for shallow frying in a deep frying pan. Shallow fry the chicken until it is crispy on all sides and cooked through. (This can also be done in an air fryer for 20 minutes at 200C, turning halfway through cooking.) Set aside.
3. To make the mint and coriander dressing, blend all of the ingredients together. If you don't have a blender, finely chop the herbs, spinach and chilli (if using), and mix with the remaining ingredients (it'll still taste great,

2 tbsp sunflower oil, plus extra for shallow frying

2 tbsp cornflour

600g/1lb 5oz chicken thighs, boneless, skin removed, cut into 2cm/ $\frac{3}{4}$ in cubes

For the mint and coriander dressing

10g fresh mint leaves

10g fresh coriander leaves

small handful spinach leaves

1 green chilli (optional)

1 tbsp garlic paste

1 tbsp ginger paste

1 lime, juice only

$\frac{1}{2}$ tsp ground cumin

$\frac{1}{2}$ tsp salt

2 tbsp Greek-style yoghurt

For the coating

2–3 tbsp sunflower oil

1 tsp cumin seeds

$\frac{1}{2}$ tsp black mustard seeds

4 dried red chillies, cut in half and seeds removed

10 curry leaves

1 tbsp garlic paste

1 tbsp ginger paste

1 red onion, finely sliced

2 tbsp Greek-style yoghurt

1 tbsp tomato purée

it just won't be quite so green in colour.) Set aside.

4. For the coating, heat the oil in a large frying pan or wok. Add the cumin seeds and black mustard seeds. Once the seeds start to spit, add the dried chillies, curry leaves, garlic paste, ginger paste and red onion and mix everything together well.
5. Cook until the onion starts to colour and soften. Add the yoghurt and tomato purée and mix until it is a deep red colour. Stir in the chicken.
6. Toss everything together well and serve. This can be served on its own as a snack or starter with the mint and coriander dressing drizzled over the top. It can also be served as a main with rice on the side and dressing on top, or in a wrap or paratha with pickled onions, salad leaves and dressing.