

Chicken marinated in yoghurt, paprika and lemon juice



Makes 6 skewers

Fresh from the garden mint, lemons, salad leaves

This is a simplified version of an Indian marinade. The yoghurt forms a lovely crust and is said to tenderise tough meats (not a problem in Australia with our very tender poultry).

Equipment

6 bamboo skewers	lemon juicer
2 bowls – 1 medium, 1 large	metric measuring spoons and cups
aluminium foil	large gratin dish
chopping board	large spoon
large knife	serving plate
tea towel	

Ingredients

15 mint leaves
½ lemon
¾ cup plain yoghurt
1 teaspoon paprika, plus extra to garnish
1 tablespoon extra-virgin olive oil
500 g skinless chicken thighs or breasts
salt
freshly ground black pepper
salad leaves to garnish

What to do

- * Soak the skewers in cold water in the large bowl. Heat the grill to maximum and line the grill tray with aluminium foil to catch drips.
- * Set out the chopping board and knife. Rinse the mint leaves, dry by rolling in the tea towel, then chop. Juice the lemon. Place the mint, lemon juice, yoghurt, paprika, oil and salt and pepper in the medium bowl and mix well.
- * Cut the chicken into 3 cm cubes. Lift the skewers from the water and pat dry on the previously used tea towel. Thread the chicken pieces onto the skewers. Place each skewer into the large gratin dish as you complete it. Spoon the yoghurt marinade evenly over the skewers. The chicken can be grilled at once or you can leave it in the marinade for an hour.
- * Lift the skewers onto the grill tray – do not move them around. **Grill until the chicken looks golden brown – a couple of minutes – then turn the skewers to grill the other side.**
- * When cooked, arrange the skewers on the serving plate and decorate with a sprinkle of paprika and a few salad leaves.

BOTTOM DRAWER

Interesting term • marinating

Question Why do we soak bamboo skewers in cold water?

Answer So the skewers don't burn as they cook.