

HOW TO USE · TANDOORI MASALA

TANDOORI-STYLE CHICKEN

Bold, warm and vibrant. Marinate it, then char it.

SERVES	PREP	COOK
4	15 min + 2 hrs marinating	25–30 min

INGREDIENTS

- 800 g chicken thigh fillets, cut into large pieces
- ¾ cup (190 g) plain yoghurt
- 3 tbsp Tandoori Masala
- 2 tbsp lemon juice
- 1 tbsp oil
- To serve: lemon wedges, sliced red onion, mint yoghurt and flatbread



METHOD (oven)

1. Mix the yoghurt, Tandoori Masala, lemon juice and oil in a bowl.
2. Add the chicken and coat well. Cover and marinate in the fridge (5°C or below) for 2 hours, or up to overnight.
3. Heat the oven to 220°C fan-forced. Line a tray with baking paper, or set a rack over it.
4. Lift the chicken out of the marinade and spread it on the tray in a single layer.
5. Roast 25–30 minutes, turning once, until charred at the edges and the thickest piece reaches 75°C.
6. Rest 3 minutes, then serve with lemon, red onion, mint yoghurt and flatbread.

TANDOORI-STYLE CHICKEN

AIR FRYER METHOD

200°C · 15–18 min

Chicken pieces, shaken halfway

1. Heat the air fryer to 200°C.
2. Cook the marinated chicken in a single layer, 15–18 minutes, turning halfway.
3. Check the thickest piece reaches 75°C. Rest 3 minutes.

BBQ / GRILL OPTION

Medium-high · 12–15 min

Skewers on a hooded BBQ

1. Thread the marinated chicken onto skewers (soak wooden skewers in water for 30 minutes first).
2. Heat a hooded BBQ to medium-high and oil the grill.
3. Cook, lid down, 12–15 minutes, turning often, until the thickest piece reaches 75°C. Rest 3 minutes.

VEGIE AND PANEER SKEWERS

Medium-high · 10–12 min

Meat-free option

1. Mix 2 tbsp Tandoori Masala with ⅓ cup (85 g) yoghurt and 1 tbsp lemon juice. Coat 500 g paneer or vegies (capsicum, zucchini, red onion). Marinate 30 minutes.
2. Thread onto skewers.
3. Grill or BBQ over medium-high heat for 10–12 minutes, turning, until charred at the edges.

OTHER WAYS TO USE IT

→ Stir 1 tsp into yoghurt for a quick dip.

→ Toss 1–2 tbsp through roast cauliflower or potatoes.

→ Mix into minced chicken or lamb for kebabs.

SALT This blend already contains salt, so taste before adding any more.