

Chicken tikka drumsticks

Serves: 10

Time

Preparation time 5 minutes

Marinate at least 1 hour

Cooking time 30 minutes

Ingredients

- 10 chicken drumsticks, skin removed
- 150g fat-free natural yogurt
- 2 level teaspoons tikka curry powder
- 1 teaspoon mild chilli powder
- small handful of fresh coriander, chopped
- small handful of fresh mint, chopped
- zest and juice of 1 lime, finely grated
- freshly ground black pepper

Method

1. With a sharp knife, make a few cuts in the flesh of each drumstick.
2. Combine all the marinade ingredients in a large mixing bowl.
3. Add the drumsticks and rub the marinade into the meat. If you have time, cover and chill for at least an hour, or overnight if time permits.
4. Preheat the oven to 180°C or gas mark 4.
5. Remove the drumsticks from the marinade, place on a nonstick baking tray and roast in the oven for 25–30 minutes or until the chicken is cooked through.

