



TANDOORI RUB

Heat Rating: Mild

Serves 4

Ingredients:

1.5 tablespoons of Mama Dor's Tandoori Rub spice blend
600g chicken (thigh works best)
1 tablespoon extra virgin olive oil

Method:

Make a paste by mixing the Mama Dor's Spice Blend with the oil. Add the chicken pieces whole, mix well and leave to marinate for at least 10mins (longer if you can).

Heat a skillet pan and add the chicken pieces. Cook well on both sides until cooked through and charred on the outside. Alternatively, you can grill, bake or even BBQ the chicken. Serve in a warm pitta bread with a crisp salad and a cooling raita.

Alternative uses:

This is a versatile blend, so you can substitute the chicken for lamb chops, prawns or fish. If you'd like a vegetarian option, brush onto chunks of onions, peppers, courgettes, carrots or even halloumi and skewer before cooking.

Mama Dor's Kitchen
www.mamadorskitchen.co.uk
hello@mamadorskitchen.co.uk
07834 117272
fb.me/mamadorskitchen