



Tandoori chicken with homemade pita bread

45'
Hands on

50'
Cook Time

4-6
Portion(s)

3
Difficulty



Method

- Using a [sharp knife](#), make 3 cuts on each piece of chicken, cutting from the flesh towards the bone. This way the marinade will be able to penetrate the meat and it will cook faster. Put them in a bowl.
- Drizzle with some lemon juice and season with 1 teaspoon of salt. Set aside for 1 hour.
- Combine all of the ingredients for the marinade in a bowl and pour over chicken. Refrigerate for 3-4 hours or overnight, to marinate.
- Fire up the barbeque, medium to high heat, or set the oven to grill at maximum heat and place a [baking pan](#) inside. Put the chicken on the barbeque or in the baking pan and bake for 20-25 minutes, turning often.
- Place pieces of butter over the chicken and let them melt over the meat. Serve with lemon wedges.

For the homemade pita bread:

- Add the flour, sugar, baking soda, 1 teaspoon salt, yogurt, eggs and 100 ml water to a bowl and stir to combine. The dough should be quite moist. Knead for 10 minutes until the dough becomes soft and smooth. If it is dry, add 1 tablespoon of water and knead again.
- Knead the dough into a ball. Brush with oil and transfer to a clean bowl. Cover with a towel and allow it to rest for 1-2 hours.
- Combine all of the ingredients for the filling in a bowl along with 1 teaspoon of salt. Divide the dough evenly into 6 balls. Use a rolling pin to roll out each ball of dough as thin as possible. Pour 1 tablespoon of oil and add some filling over each circle of dough. Start curling the edge over to create a roll. Press on the edges to make a long cylinder. Cover with a towel. Repeat for all circles of dough.
- Heat a [non-stick pan](#). Use the rolling pin again to flatten out the filled rolls into oval shapes, 10-15 cm in diameter.
- Cook on the [grill pan](#) for 1-2 minutes on each side, until black grill marks appear on the pita bread, it rises slightly and cooks all the way through.
- Serve with butter and tandoori chicken.

Ingredients

- 1.200 g chicken thigh fillet, with bones but skin removed
- 2 tablespoon(s) lemon juice
- 1 teaspoon(s) salt
- 1 tablespoon(s) butter

For the marinade

- 125 g strained yogurt
- 2 clove(s) of garlic
- 1 teaspoon(s) salt
- 40 g ginger
- 1/2 teaspoon(s) chili flakes
- 1 teaspoon(s) cumin
- 1 teaspoon(s) garam masala
- 1 tablespoon(s) sunflower oil

For the homemade pita bread

- 300 g all-purpose flour
- 1 teaspoon(s) granulated sugar
- 1/2 teaspoon(s) baking soda
- 1 teaspoon(s) salt
- 3 tablespoon(s) strained yogurt
- 1 egg, beaten
- 100 g water
- 7 tablespoon(s) sunflower oil, for brushing

For the filling

- 1 teaspoon(s) cumin, seeds
- 1 onion, finely chopped
- 1/3 bunch coriander, finely chopped
- 1/4 teaspoon(s) chili flakes
- 1 teaspoon(s) salt
- strained yogurt
- coriander, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

683 Calories (kcal)	37.0 Total Fat (g)	11.0 Saturated Fat (g)	41.0 Total Carbs (g)
34%	53%	55%	16%
3.5 Sugars (g)	44.0 Protein (g)	2.4 Fibre (g)	4.7 Sodium (g)
4%	88%	10%	78%