

Papa's Recipes

Tandoori Chicken Wings



What you need:

- 2½ tbs Tandoori Spice Mix
- 6 Chicken Wings
- 120g Natural Yogurt
- 2 tsp Garlic Paste
- 1 tsp Ginger Paste
- Salt

Instructions:

1. In a large mixing bowl, add the natural yogurt, ginger paste, garlic paste, tandoori spice mix, a pinch of salt and mix well.
2. Now add the chicken wings ensuring they are well coated by the mixture.
3. Allow this to marinate for at least 2 to 3 hours in the fridge, leaving it to marinate overnight will give more flavour to the chicken.
4. Cook the chicken wings in the centre of a pre-heated oven at 200°C for 15–20 minutes turning the wings over halfway through. Or, for a smokier flavour, you can cook the chicken wings over a BBQ instead.
5. Once cooked, server with fresh sliced lemon or a mint yogurt.

Tip: for a hot and spicy kick, add 1 tea spoon of chilli powder to your mix.