

# Chicken Tikka yogurt marinated, mint chutney and cilantro, quinoa and pineapple brunoise

Recipe for 4

## Description

Loaded in flavor chicken recipe!

## Ingredients

### Chicken Tikka

- 0.50 Cup(s) Plain yogurt 2%
- 2 Tsp Garam masala
- 0.25 Tsp Chilli powder
- 1 Tsp Paprika
- 0.25 Tsp Curcuma
- 3 Tbsp Lime juice
- 4 Unit(s) Chicken thigh
- 1 Unit(s) Red onion
- 1 Unit(s) Lime
  
- Butter
- Salt and pepper
- Vegetable oil

### Chutney

- 1 Bunch(es) Coriander
- 2 Bunch(es) Mint
- 1 Unit(s) Jalapeno pepper
- 0.25 Unit(s) Onion
- 2 Tbsp Lime juice
- 0.50 Tsp Salt
- 2 Tbsp Water
- 60 Ml Plain yogurt 2%
  
- Butter
- Salt and pepper
- Vegetable oil

### Pineapple quinoa

- 375 Ml Quinoa
- 0.25 Unit(s) Pineapple
- 2 Clove(s) Chopped garlic
- 1 Unit(s) Onion
- 375 Ml Chicken stock
  
- Butter
- Salt and pepper
- Vegetable oil

## Preparation

- Preparation time **60.00 mins**
- Preheat your **grilled** at **450.00 F°**

## Introduction

Put the yoghurt in a strainer and let it drip for 1-2 hours to make it very dry. Cut the chicken thighs in medium size pieces. Soak your skewers in water for at least 20 minutes. Cut the lime in wedges. Slice the onion thinly using a mandolin.

### Preparation for the chicken tikka

Mix all the spices with the lime juice. Add the strained yoghurt. Mix well. Add the chicken pieces and mix well. Cover the bowl and refrigerate. Allow to marinate 2 hours to overnight. Thread the chicken onto skewers. Preheat your oven or grill to a high temperature 450F. Place the skewers on a baking tray lined with parchment paper and brush them with some oil and season them with salt. Roast open till the chicken is browned on all sides and tender about 15-20 minutes.

### Preparation for the mint-coriander chutney

Blend cilantro, mint leaves, chile, onion, lime juice, yogurt and salt into a blender to a smooth paste. To aid in the blending process, you can add up to 2 tablespoons water, if needed. Taste and add more salt if needed. Serve cool. Garnish the Chicken Tikka with onion rings, lime wedges and serve with mint coriander chutney.

### Pineapple quinoa

In a saucepan, soften the onion and garlic in the oil. Season with salt and pepper. Add the quinoa and broth. Bring to a boil. Cover and simmer for 15 minutes over low heat. Remove from the heat and add the pineapple brunoise. Cover and let stand for 15 minutes. Adjust the seasoning.

**Bon appétit!**