

Tandoori chicken bites

A surprisingly mildly spiced dish, perfect for a starter, lunchbox or barbecue. It goes well with a crunchy seasonal salad. A healthy chicken nugget!

Remember to keep to the correct amount of Greek yogurt if following a low FODMAP diet.



Ingredients

Serves 4

- 190g full-fat Greek yogurt
- 2 tbsp garlic-infused rapeseed oil, plus extra for brushing
- 1 tbsp tomato purée
- 1 tsp garam masala
- 1 tsp paprika
- 1 tsp ground cumin
- ½ tsp chilli powder (optional)
- 5cm piece of fresh ginger, peeled and grated
- freshly ground black pepper
- 480g/4 boneless, skinless chicken breasts, chopped into bite-size pieces
- lime wedges, to serve
- fresh coriander leaves, to garnish

Method

Mix most of the yogurt with all the ingredients except the chicken pieces in a large bowl. Add the chicken and stir until it is all well coated in the marinade. Cover the bowl with cling film and refrigerate for at least 2 hours or overnight.

Preheat the grill to a medium–high heat. Soak 8 wooden skewers in cold water for 15 minutes.

Thread the chicken onto the skewers, then place under the grill and cook, turning and brushing with oil at least once, for 10–15 minutes, until the chicken is cooked through.

Serve hot with lime wedges and fresh coriander leaves and the rest of the yoghurt as a dip on the side.