

# THE SPICE IS RIGHT™

## TIKKA

An aromatic marinade, creating a succulent zesty starter. Served with a spicy garlic dip.

Recipe to cook this curry for two people.

What additional ingredients are required?

1. Your choice of meat (approx 1 chicken breast or equivalent)
2. Plain Yogurt
3. Red and or green peppers (optional)
4. One or two fresh Tomatoes (optional)

Suitable for Vegetarians and Gluten Free.

Please Visit [www.thespiceisright.co.uk](http://www.thespiceisright.co.uk)



Step 1

Add 1 table spoon of 'Tikka Spice Mix' to 1 table spoon of plain Yogurt.



Step 2

Mix into a paste.



Step 3

Add 1 chicken breast cubed to the paste, mix well, and allow to marinate for 20 minutes.



Step 4

Now skewer the Chicken pieces and add some peppers and tomatoes (optional). Cook the chicken under a hot grill for 20 minutes turning once. Or cook over a barbeque. \*\*Drizzle with a little Oil.



Step 5

Spicy Garlic dip recipe:-  
Add one table spoon of dip mix to one cup of Yogurt.



Step 6

Finally serve in a hot Pitta or on a bed of salad!