



## KUMAR'S

### 酷玛印度风味Tandoori鸡肉配葡萄干和薄荷叶

## TANDOORI CHICKEN WITH RAISINS AND MINT



#### 原材料

- 1公斤鸡腿肉切小块
- 250克 Tandoori烧烤酱
- 50克油
- 150毫升高汤
- 50克原味酸奶
- 50克葡萄干
- 10克碎薄荷叶

#### 烹饪方法

- 做法：将烧烤酱、原味酸奶、高汤和油混合均匀。然后将混合好的烧烤酱和鸡肉和葡萄干，搅拌均匀，腌制1-2个小时。然后在预热过的烤箱中，以180摄氏度烤15分钟，直到鸡肉熟透。

#### 其他做法：

- 锅中倒入油，用大火煸炒鸡肉，然后加入葡萄干继续烹饪几分钟。加入高汤和烧烤酱，关小火，直到鸡肉熟透，酱汁变粘稠。最后加上原味酸奶出锅。
- 装盘时用碎薄荷叶装饰。



#### INGREDIENTS

- 1kg chicken thigh cut into small pieces
- 250g tandoori paste
- 50g oil
- 150ml chicken stock
- 50g yoghurt
- 50g raisins
- 10g chopped mint

#### PREPARATION

- Mix together the tandoori paste with the yoghurt, chicken stock and oil,
- Add the raisins to the chicken mixture, mix well.
- Marinate for 1-2 hours and cook in the oven at 180°C for 15 minutes until the chicken is cooked through.

#### Alternatively:

- Stir fry the chicken in the oil, add the raisins and cook for a further few minutes. Add the stock and tandoori paste and reduce until the chicken is cooked and the sauce is the correct consistency. Add the yoghurt at the last minute.

- Garnish with the mint.

