

TANDOORI CHICKEN WITH ROASTED SWEET POTATO & MINT

As a child, I ate vast quantities of this at Indian restaurants or at friends' barbecues, and have tried to come up with my own version ever since. It isn't the lurid red that I remember, as that's almost always food colouring, but you'll get a lovely colour and flavour from smoked paprika.

Serves: 4
Prep: 10 minutes
Cook: 1 hour

8 free-range chicken thighs,
or thighs and drumsticks
2 large sweet potatoes, peeled
and cut into 1½ cm chunks
1 red onion, cut into eighths
6 tablespoons natural yogurt
1 tablespoon sunflower or olive oil
1 large lemon, zest and juice
5 cloves of garlic, grated
5cm ginger, grated
2 heaped teaspoons
ground cumin
1 teaspoon ground turmeric
1 teaspoon mild chilli powder
1½ teaspoons sea salt flakes
Freshly ground black pepper
4 heaped teaspoons smoked
paprika
2 teaspoons garam masala

TO SERVE

200g natural yogurt
Cucumber, red onion,
diced mango, fresh mint
Chapattis or naan bread

Preheat the oven to 180°C fan/200°C/gas 6.

Tip the chicken, sweet potatoes and red onion into a roasting tin large enough to hold everything in one layer. Mix together the yogurt, oil, lemon zest and juice, garlic, ginger, cumin, turmeric, chilli powder, salt, pepper and 2 heaped teaspoons of smoked paprika, and spread this evenly over the chicken, sweet potatoes and red onion, mixing to get everything well coated.

Scatter the chicken with the garam masala and another 2 teaspoons of smoked paprika, then transfer to the oven and roast for 1 hour.

Meanwhile, mix the yogurt with your choice of thinly sliced cucumber, red onion, mango or just a generous handful of fresh mint, taste and season with salt as needed, and set aside.

Let the chicken rest for 5-10 minutes before serving hot with the mint raita and chapattis or naan bread.

