

George Foreman

Great Tasting Healthier Food In Minutes

Tandoori grilled chicken



quick &
easy snacks



serves 4
people



8
MINS
cooking
time



great for
kids

*"it's so easy, you'll
want to grill with
me everyday!"*

You will need:

- 228g carton of unflavoured low fat yogurt
- 1 tbsp lemon juice
- 2 tsp paprika
- 2 garlic cloves minced
- ½ tsp ground ginger
- ½ tsp cumin
- ½ tsp cayenne pepper
- ½ tsp cinnamon
- 4 boneless
skinless chicken breast halves.

To make:

In a small bowl, mix together the yogurt, lemon juice, paprika, garlic, ginger, cumin, cayenne pepper & cinnamon. Place the chicken breasts in a shallow glass pan & pour the marinade over the pieces, turning to coat thoroughly.

Cover tightly & refrigerate for 1–8 hours, turning occasionally. Place the chicken on a preheated grill for 5–7 minutes.