



## Tandoori style marinade

Great marinade for a chicken, lamb or pork.

Roughly serves 4, depending on what you are marinating.

- Garlic - enough to measure 1 tablespoon if it were to be chopped
- Ginger - “ “ “ “ “
- 2 long red chillies
- ½ tbsp fresh mint leaves
- 4 tbsp fresh coriander
- 150ml natural yoghurt
- 2 tbsp fresh lemon juice
- 1 tsp garam masala
- 1tsp ground cumin
- 1 tsp gram flour (also known as chickpea flour)
- ½ tsp medium curry powder
- 1 tsp salt
- 1 tsp black pepper

### Method:

Put all ingredients in a blender (the [Bamix](#) is ideal) blend up till smooth. Using sharp knife make incisions in meat, cover with marinade. Cover and leave to marinate in fridge for 24 hrs.

Great cooked on the BBQ.