

Tandoori Chicken Traybake

Tandoori-rubbed chicken leg from Fordhall Farm. Juicy, smokey, packed with that deep, punchy spice. Sitting pretty on onion, turmeric, spinach and fenugreek rice that's all golden, fragrant, and seriously comforting

Then comes the homemade madras... poured over like it owns the place. Spicyyyyyy, warming, a little fiery nudge... but delicious!



from [the.cooking.queen.91](#)



Serves: 2

Ingredients:

- 4 chicken legs (skin on or off, your call)
- 150g Greek yoghurt
- 2 tbsp lemon juice
- 3 cloves garlic (crushed)
- 1 tbsp fresh ginger (grated)
- 2 tsp paprika (for that colour and warmth)
- 1 tsp turmeric
- 2 tsp garam masala
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1–2 tsp chilli powder (depending how fiery you're feeling!)
- 1 tbsp oil
- Salt to taste

Cooking Instructions:

- 1 Score the chicken - Slash deep cuts into the legs so all that marinade gets right in there.
- 2 Mix your marinade - In a bowl, stir yoghurt, lemon, garlic, ginger, spices, oil, and salt into a thick, punchy paste. Coat like you mean it! Massage that marinade into every nook and cranny. Hands in. No half measures. Let it sit (this is where magic happens). Cover and chill for at least 4 hours... overnight if you've got patience. The longer, the deeper the flavour.
- 3 Cook it -
Oven: 200°C (fan 180°C) for 35–45 mins
Grill/BBQ: Even better. Cook until slightly charred and cooked through
Turn halfway, baste with juices if you're feeling fancy.
- 4 Finish strong - Squeeze fresh lemon over, sprinkle coriander if you've got it.

