

Spicy & Tangy Chicken Strips

Serves 4

Total Time: 25-30mins Preparation: 10mins Cook: 15-20mins

INGREDIENTS

500g boneless chicken
2 tbsp. Hibiscus Lily 'Hot & Spicy'
Date & Tamarind Chutney
2 tbsp. cooking oil (olive or sunflower)
2 tbsp. plain yogurt
1 tbsp. coriander leaves
1 garlic clove (optional)
Lemon wedges and a few coriander
leaves for garnish (optional)
Sea salt & coarsely ground black
pepper according to taste



METHOD

- 1 Preheat your oven to moderately hot 200°C/400°F/Gas Mark 6.
- 2 Line a 15"x10" tray with aluminium foil and spray little oil onto it to stop the chicken sticking.
- 3 Cut chicken into strips of your preferred size.
- 4 Prepare marinade by mixing Date & Tamarind Chutney, cooking oil, plain yogurt, coriander leaves, garlic clove, salt into paste using a mini food processor or a blender.
- 5 Add chicken to a medium sized bowl and coat it well with the marinade and leave it in the fridge for 30-45 minutes.
- 6 Spread the marinated chicken strips onto the prepared tray and cook in the preheated oven for 15-20 minutes until the chicken strips are cooked through.

Serve hot or cold with salad, as a starter or with couscous or rice as a main dish.