

Chicken Chaat

Tangy Shredded Chicken



Ingredients

4 chicken thighs, skinned and trimmed
3 cloves garlic
1 tsp salt
1 tbsp vegetable oil
1 onion, finely diced
2 green chillies, finely chopped
2-4 tbsp tamarind water, or juice from 1 lemon
1 tsp red chilli powder
1 tsp mango powder (amchoor)
Handful of fresh coriander, chopped

Method

- 01** Place chicken in a pan and cover with water, add the garlic cloves, salt and place on a gentle heat.
- 02** Cook for about 10 minutes and remove from the water and leave to cool. Retain the water as stock.
- 03** Heat the oil in a pan and add the onions, cook gently until browned.
- 04** Add the green chilli, salt to taste and pour in the tamarind water with a little of the stock water from the chicken.
- 05** Cook gently and let the sauce reduce. Add a little more stock and cook to thicken. After about 5 minutes add both the chilli and mango powders.
- 06** Once the chicken has cooled, shred it using two forks and add to the sauce.
- 07** Stir to coat and leave to cook for a few minutes.
- 08** Remove from the heat and sprinkle in the garam masala and a handful of fresh coriander.

Served with

I like to serve this with salad, finely sliced onion rings, sliced green chillies and some yoghurt.



More on this recipe

<http://www.harighotra.co.uk/chicken-chaat-recipe>