

**INGREDIENTS:**

6 chicken breasts

1 heaped teaspoon each ground cumin, ground coriander, ground turmeric and garam masala

Half a teaspoon each chilli powder and fenugreek

1 tablespoon tamarind paste

1 small pot of natural yogurt

1 large onion

1 tablespoon vegetable oil

1 pinch of salt

2 limes,

4 pittas – see the recipe in the archive.

**TIME:** 3 hours**SERVING:** 4 people

Peel the onion and slice very finely. Place in a pan with the oil and cook very gently for 15-20 minutes until caramelised. Drain off any excess oil and transfer to a bowl, add the spices, tamarind paste, yogurt and salt and mix well. Cut the chicken into thin slices (place the breasts in the freezer for an hour and a half first to make it easier), transfer to the bowl, mix well to coat and refrigerate for two hours. Cook away from the hottest part of the barbecue until lightly charred then drizzle with lime juice and serve in the pittas with shredded lettuce.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**