



Grilled Afghani Chicken with a Salted Yoghurt and Spiced Tomato Dipping Sauces

Serves 4

Father's Day is the perfect time to enjoy a barbeque with family and friends, and we have the perfect recipe! These grilled chicken skewers are sure to become a new BBQ favourite.

TASTE OF FATHER'S DAY FACT

This recipe recreates the classic dish of Afghani chicken that has been made for hundreds of years and famed for being both incredibly tender and full of flavour. The secret to this dish is in the marinade, which uses natural yoghurt and a number of spices. The dish is classically served with two simple sauces, a salted yoghurt and spiced tomato, which we have re-created as both truly complement the smoky flavours of the chicken once it has finished cooking on the barbeque.

INGREDIENTS

- 200gm Natural Yoghurt
- 1 Garlic Clove - peel and finely chop
- 1 tsp of each Ground Coriander, Ground Cumin, Ground Turmeric and Onion Powder
- To Taste - Sea Salt and Ground White Pepper
- 700g Chicken Thigh Fillet - cut into 3cm dice
- 20ml Extra Virgin Olive Oil
- 70gm Brown Onion - peel and finely dice
- 1 Long Red Chilli - deseed and finely chop
- 1/4 tsp Dried Oregano Leaves
- 1/2 tsp Ground Cumin
- 1/2 tsp Smoked Paprika
- 200gm Crushed Tomato
- 125ml Vegetable Stock (Salt Reduced)
- 250ml Water
- 1 tsp Caster Sugar
- 100gm Natural Yoghurt
- 3 tsp Lemon Juice
- 1/2 Garlic Clove - peel and finely chop
- 8 Wooden Skewers - soak in water and drain well
- As Required - Extra Virgin Olive Oil Spray

METHOD

1. In a mixing bowl, add the first quantity of natural yoghurt and garlic, then the coriander, first quantity of cumin, turmeric and onion powder. Mix to thoroughly combine and season to taste.
2. Add the chicken and toss until evenly coated with the marinade. Cover with cling wrap and refrigerate for 8 hours.
3. Heat the olive oil in a saucepan over moderate heat. Add the onion and saute, stirring regularly until the onion has softened. add the onion and saute, stirring regularly, until the onion has softened.
4. Add the chilli, oregano, second quantity of cumin and smoked paprika and continue to saute for a further minute.
5. Add the crushed tomato, vegetable stock and water, mix to thoroughly combine. Bring up to the boil, then reduce the heat and allow to simmer for 10 minutes or until the sauce has reduced and thickened and lightly coats the back of a spoon.
6. Add the sugar and mix to thoroughly combine. Season to taste. Remove from the heat and allow to cool to room temperature.
7. Place the spiced tomato sauce into the jug of a blender and puree to a smooth consistency. Pour into a mixing bowl and set to one side to allow the flavours to further develop.
8. In a mixing bowl, add the second quantity of natural yoghurt, lemon juice and second quantity of garlic, mix to thoroughly combine. Season to taste. Set the salted yoghurt to one side to allow the flavours to further develop.
9. Pre-heat a BBQ to a moderate temperature.
10. Remove the chicken from the refrigerator. Remove the chicken from the marinade and remove as much marinade as possible.
11. Evenly thread the chicken onto the 8 wooden skewers and lightly spray all sides of the chicken with oil.
12. Place the chicken onto the BBQ and cook for 2 minutes on each side or until the chicken is cooked through and lightly browned on all sides. Remove from the heat, cover with aluminium foil and allow to rest in a warm place for 5 minutes.



TO SERVE

Stack the chicken skewers onto a serving board or platter, place the salted yoghurt and spiced tomato dipping sauces into separate serving bowls with serving spoons and place next to the chicken skewers.