SHOPPING LIST

Spice Night

5 dishes

Smoky Chili-Lime Chicken Skewers

Serves 4

Chicken

- [ ] 600 g boneless chicken thighs, cut into 3 cm chunks

Marinade

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp chili paste (harissa or sambal oelek)
- [ ] 2 tbsp honey
- [ ] Juice of 1 lime
- [ ] 3 garlic cloves, crushed
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp salt

To serve

- [ ] 2 limes, cut into wedges
- [ ] Steamed rice, flatbread or salad

Butter Chicken with Basmati Rice

Serves 4

For the chicken

- [ ] 700 g boneless chicken thighs, cut into chunks
- [ ] 150 g plain yoghurt
- [ ] 2 tsp garam masala
- [ ] 1 tsp ground turmeric
- [ ] 1 tsp ground cumin
- [ ] 1 tsp chili powder or paprika
- [ ] 2 garlic cloves, grated

- [ ] 1 tbsp grated fresh ginger
- [ ] 1 tsp salt

For the sauce

- [ ] 2 tbsp oil
- [ ] 1 onion, finely chopped
- [ ] 3 garlic cloves, crushed
- [ ] 1 tbsp grated fresh ginger
- [ ] 2 tsp garam masala
- [ ] 1 tsp ground cumin
- [ ] 400 g tin chopped tomatoes
- [ ] 2 tbsp tomato purée
- [ ] 50 g butter
- [ ] 150 ml double cream
- [ ] 1 tsp sugar
- [ ] Salt

To serve

- [ ] 300 g basmati rice
- [ ] Chopped coriander
- [ ] Naan or flatbreads

Ember Crunch Chickpeas

Serves 4 as a snack

- [ ] 2 tins (400 g each) chickpeas, drained and rinsed
- [ ] 2 tbsp olive oil
- [ ] 1½ tsp smoked paprika
- [ ] 1 tsp chili flakes
- [ ] 1 tsp garlic powder
- [ ] ½ tsp ground cumin
- [ ] 1 tsp brown sugar
- [ ] 1 tsp fine salt
- [ ] Juice of half a lime, to finish

Spicy Mango Sorbet with Chilli-Lime Salt

Serves 4

For the sorbet

- [ ] 600 g frozen mango chunks
- [ ] Juice of 2 limes
- [ ] 2 to 3 tbsp maple syrup or sugar, to taste
- [ ] 50 ml cold water

For the chilli-lime salt

- [ ] 1 tsp flaky sea salt
- [ ] 1/2 tsp chilli powder
- [ ] Zest of 1 lime

Mango Lassi

Serves 2 glasses

- [ ] 1 large ripe mango, peeled and chopped (or 250 g frozen chunks)
- [ ] 250 g plain yoghurt
- [ ] 100 ml cold milk
- [ ] 1 to 2 tbsp sugar or honey, to taste
- [ ] 1/4 tsp ground cardamom
- [ ] A few ice cubes

Tick off what you already have at home.