HOT & BOLD

Smoky Chili-Lime Chicken Skewers

PREP	COOK	SERVES
50 min	12 min	4

Juicy chicken thigh skewers in a chili, honey and lime marinade.

Ingredients

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

Method

1. Mix all the marinade ingredients in a bowl. Add the chicken, stir well and marinate for at least 30 minutes, or up to 8 hours in the fridge.
2. If using wooden skewers, soak them in water for 20 minutes.
3. Thread the chicken onto the skewers, packing the pieces loosely.
4. Heat a grill, barbecue or griddle pan to high. Cook the skewers for 10 to 12 minutes, turning every 3 minutes, until charred at the edges and cooked through.
5. Rest for 3 minutes, then serve with lime wedges.

Cook's tip

Thighs stay juicy on high heat where breast dries out. Cut a piece open to check it is cooked through with no pink left.

HOT & BOLD

Butter Chicken with Basmati Rice

PREP	COOK	SERVES
20 min	35 min	4

Yoghurt-marinated chicken in a silky tomato, butter and cream sauce with warm spices, served with rice.

Ingredients

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

Method

1. Mix the chicken with all the marinade ingredients. Leave for at least 30 minutes, or overnight in the fridge.
2. Heat the oil in a large, deep pan. Cook the onion for 8 minutes until soft and golden. Add the garlic and ginger and stir for 1 minute, then the garam masala and cumin for 30 seconds.
3. Add the tomatoes, tomato purée and 100 ml water. Simmer for 10 minutes, then blend until smooth with a stick blender.
4. Back in the pan, add the chicken with its marinade. Simmer gently for 15 minutes until cooked through.
5. Stir in the butter, cream and sugar and simmer for 3 more minutes. Season with salt.
6. Meanwhile, cook the rice according to the packet. Serve the chicken over the rice with coriander and warm naan.

> ### Cook's tip
> Blend the sauce before adding the chicken. It gives the silky restaurant texture and hides any lumpy onion.

HOT & BOLD

Ember Crunch Chickpeas

PREP	COOK	SERVES
5 min	30 min	4 as a snack

Vegan Vegetarian

Oven-roasted chickpeas coated in smoked paprika, chili and lime.

Ingredients

- 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

Method

1. Heat the oven to 200°C (180°C fan). Line a baking tray with baking paper.
2. Pat the chickpeas completely dry with a clean tea towel and remove any loose skins.
3. Toss them with the olive oil on the tray and roast for 15 minutes.
4. Mix the paprika, chili, garlic powder, cumin, sugar and salt. Sprinkle over the hot chickpeas and shake the tray to coat.
5. Roast for another 10 to 15 minutes, until crisp and deep red.
6. Squeeze over the lime and eat straight away, while still crunchy.

Cook's tip

Dry chickpeas are crunchy chickpeas, because any moisture left on them turns to steam and makes them chewy. They lose their crunch after a day, so make just what you will eat.

HOT & BOLD

Spicy Mango Sorbet with Chilli-Lime Salt

PREP
10 min

SERVES
4

Vegan | Vegetarian

A no-churn vegan sorbet from frozen mango and lime, served with a sprinkle of chilli-lime salt.

Ingredients

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

Method

1. Put the frozen mango, lime juice, maple syrup and water into a food processor or a strong blender.
2. Blend, stopping to scrape down the sides, until smooth and creamy like soft-serve ice cream. Add a splash more water only if it will not turn.
3. Mix the salt, chilli powder and lime zest in a small bowl.
4. Serve straight away in cold bowls with a pinch of chilli-lime salt on top, or freeze for an hour for a firmer scoop.

Cook's tip

Let the frozen mango sit at room temperature for 5 minutes before blending. It is easier on the blender.

LIGHT & SWEET

Mango Lassi

PREP
5 min

SERVES
2 glasses

Vegetarian

Ripe mango blended with yoghurt, cold milk and a little cardamom. Creamy, sweet and slightly tangy.

Ingredients

- 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

Method

1. Put the mango, yoghurt, milk, sugar and cardamom in a blender.
2. Add the ice cubes and blend until completely smooth.
3. Taste and add more sugar if the mango is not sweet enough.
4. Pour into tall glasses and serve straight away.

Cook's tip

Frozen mango makes the lassi thicker and colder, so you do not need the ice.