



## Tandoori chicken kebabs and caulie 'couscous'

This recipe is excellent for bringing a touch of heat to your kitchen in the cold winter months and is equally as complimentary in the hot summer afternoons cooked over a smoking barbeque. Our cauliflower 'couscous' is an excellent substitute for rice/potatoes/pasta etc. Making it all the more easy for you to maintain your ideal weight and feel at your best.

### Ingredients

- Pinch chilli powder
- 1/2 tsp ground turmeric
- 1/2 tsp ginger, crushed
- 1 tsp ground cumin
- 1 garlic clove, crushed
- 1/2 tsp lemon juice, plus juice of 1 whole lemon
- 1 skinless chicken breast (or tofu)
- 1 cauliflower head
- 1 bunch parsley
- 1 bunch coriander
- Pepper
- 1 tsp cayenne pepper
- Raita or plain yogurt to serve



Serves 1

### Method



1. Mix the chilli powder, turmeric, ginger, cumin, garlic and the 1/2 tsp lemon juice together to form a paste
2. Cut the chicken (or tofu) into chunks, smear with the marinade and chill for 1 hour
3. Cut up the cauliflower and grind to couscous texture in a food processor with the parsley, coriander, pepper, cayenne pepper and the juice from 1 lemon
4. Grill the chicken on metal skewers and serve with the caulie 'couscous', plus a dollop of raita or plain yogurt

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