



Air fried Chicken Tikka

Ingredients

- 800 g Chicken, cut into pieces
- 1 cup Low fat yoghurt
- 3 tbsp MAGGI® Indian Cooking Paste
- 1 tbsp Sunflower oil
- 400 g Tomato with juice
- 2 cups water
- 2 tbsp Coriander leaves, chopped

Instruction

1. In a bowl, combine chicken pieces with low-fat yogurt and MAGGI® Indian Cooking Paste. Mix until the chicken is fully coated in the marinade.
2. Preheat your air fryer to 180°C. Place the marinated chicken pieces in the air fryer basket and air-fry for 20 minutes or until golden brown.
3. Once cooked, transfer the air-fried chicken to a serving dish and garnish with freshly chopped cilantro.

Nutrition

Carbohydrates	10.35 g
Energy	323.87 kcal
Fats	18.82 g
Protein	34.87 g

🕒 35 Minutes

⊕ 6