

# Cumin and Yoghurt Chicken

(Serves 4-6)

## Ingredients

### For the marinade

- 300ml/1 1 fl oz natural yoghurt
- 2 tbsp mint or coriander, finely chopped
- 1 lemon, juice only
- 1 tbsp crushed cumin seeds
- 2 tbsp olive oil
- 2 cloves garlic, finely grated or crushed
- good pinch of pepper

### For the cucumber chicken

- 1kg/2lb 2oz organic chicken
- drizzle of olive oil

### For the cucumber salad

- 1 large or 2 medium cucumbers
- ½ lemon, juice only
- 4 tbsp extra virgin olive oil
- 2 large tbsp chopped dill (mint or coriander is also great)
- sea salt and freshly ground black pepper

## Method

- 01.** For the chicken, mix all the marinade ingredients together in a bowl.
- 02.** Slash the chicken legs.
- 03.** Rub the marinade into the chicken, massaging into the meat.
- 04.** Place on a plate in the fridge for at least 30 minutes - *if possible overnight*.
- 05.** Preheat the oven to 200C/400F/Gas 6.
- 06.** Heat a griddle pan until very hot.
- 07.** Remove the chicken from the marinade, letting the excess drip off
- 08.** Pour a little olive oil onto the griddle pan then add the chicken.
- 09.** Cook for 2-3 minutes on each side, until golden and scored with brown griddle marks.
- 10.** Transfer to a roasting tin and place in the oven for 25-30 minutes, or until completely cooked through. Test the chicken is cooked by pushing a skewer into the thigh meat - if the juices run clear the chicken is cooked.
- 11.** Remove from the oven and leave to rest for 5-10 minutes.
- 12.** For the cucumber salad, cut the cucumbers into halves lengthways and scoop out the watery seeds.
- 13.** Cut the cucumber into wedges and place in a bowl.
- 14.** Add the remaining ingredients and toss together well to coat.
- 15.** Season to taste with more lemon juice or salt and freshly ground black pepper.
- 16.** To serve, place the cucumber salad into a pile on a plate and the chicken alongside.