

## **CALORIE CONTROL RECIPES**

### **MAINS**

#### **Tandoori Chicken – serves 4**

4 chicken pieces, skin removed  
1 garlic clove, crushed  
2 tsp fresh ginger, grated  
1 cup fat free natural yoghurt  
1 tsp curry powder  
1 tbsp lemon juice  
¼ tsp chilli powder  
¼ tsp coriander, ground  
1 tsp paprika  
1 freshly ground black pepper

mix marinade ingredients together and pour over chicken in shallow bowl. Marinade in refrigerator for 3-4 hours or overnight. Barbecue or bake chicken pieces until slightly browned and cooked through. Serve with steamed rice and a fresh green salad.