



bit spicy

# Goan Chicken Cafreal

Chicken Cafreal is a delicious Goan recipe rather like Tandoori but green rather than red! Pieces of chicken are marinated in yoghurt, lime juice, mint and coriander, then grilled or deep fried. This is a perfect barbecue recipe, and you can use any part of the bird - the photo is breast meat cut into several thin portions. We used our Goan Green curry blend, which already contains mint, but feel free to add more, together with some fresh chillies. **serves 4**

- 4 chicken breasts, each cut into 2-3 flat portions
  - 1 carton [Goan Green Curry blend](#)
  - 2 cloves garlic
  - 15g ginger, finely chopped
  - 3 green chillies (optional)
  - 2 tbsp lime juice
  - 3 tbsp yoghurt
  - a large handful fresh coriander
  - a few stems fresh mint (optional)
1. Place all the ingredients except the chicken in a blender to create a smooth paste.
  2. Smother the chicken pieces and leave in the fridge for a few hours, or overnight.
  3. Grill until the chicken is just cooked through, which will keep it tender.
  4. Serve with salad and an extra squeeze of lime.