



## Saffron Chicken Tikka

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 350 grams chicken breast cubed ( approx. in 1 inch pieces)
- 0.5 inch cinnamon sticks
- 1 nigella seeds black (I used only half the amount of its seeds)
- 2 nigella seeds green
- 5 cloves
- 2 to 2 chilies slit green
- 0.5 tsp ginger/garlic paste
- 0.5 tsp ginger paste

- 8 pepper white
- 1 pinch saffron threads
- 2 tsp milk
- 3 servings salt to taste
- 9 frangelico
- 9 frangelico

## Equipment

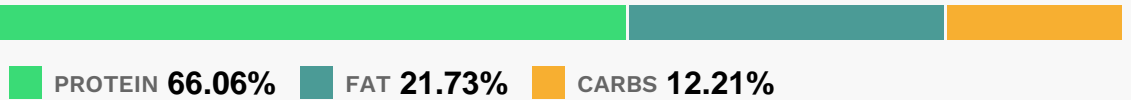
- bowl
- frying pan
- grill
- skewers
- mortar and pestle
- grill pan

## Directions

- Soak saffron in warm milk for 15 to 20 minutes.
- In the meantime, dry roast the cinnamon stick, black cardamom seeds, green cardamom seeds, pepper corns and cloves. Pound them to a powder (not very fine).
- In a mortar and pestle grind the green chillies to a paste. (Using a pinch of coarse salt will help)
- Mix all the ingredients together and your marinade is ready.
- Ensure that you pat dry the chicken cubes.
- Transfer the chicken in a bowl
- Add the marinade to the chicken cubes and mix it well so that all pieces are well coated.
- Cover the bowl with a cling film and put it in the refrigerator.
- Leave the chicken to marinate over-night. (I marinated for almost 18 hours and the result was moist and tender chicken tikkas)
- I grilled these tikkas in my non-stick grill pan. Using a non-stick pan helped me keep the amount of oil to minimal.

- Soak the skewers in water for at least half an hour before you intend to serve them.
- Now take the skewers and start skewering the chicken pieces on them. I leave a little space in between the chicken pieces; else they stick together and do not get cooked well. (Perhaps the reason could be pan grilling)
- Keep the skewers ready and then heat the pan (medium hot).
- You can use an oil spray or pour a little oil using a spoon in a linear fashion across the grill pan.
- Place the skewers over the oiled pan and grill them on medium low heat.
- It will take approximately 45 seconds to a minute for one side to get cooked.
- Then turn around and cook the other side the same way.
- Serve them hot as a starter or as a main course with Bakarkhani!! Bon apptit!!

## Nutrition Facts



### Properties

Glycemic Index:47.67, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:12.809130434783%

### Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Taste

Sweetness: 11.8%, Saltiness: 100%, Sourness: 13.55%, Bitterness: 16.57%, Savoriness: 69.77%, Fattiness: 56.47%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 160.17kcal (8.01%), Fat: 3.72g (5.73%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.2g (1.33%), Cholesterol: 75.07mg (25.02%), Sodium: 431.81mg (18.77%), Protein: 25.47g (50.94%), Vitamin B3: 12.19mg (60.95%), Selenium: 37.63µg (53.75%), Vitamin B6: 0.89mg (44.53%), Phosphorus: 254.83mg (25.48%), Manganese: 0.38mg (19.05%), Vitamin B5: 1.68mg (16.82%), Potassium: 446.4mg (12.75%), Magnesium: 34.35mg (8.59%), Fiber: 2g (8.02%), Vitamin B2: 0.13mg (7.43%), Vitamin C: 5.84mg (7.08%), Vitamin B1: 0.08mg (5.29%), Zinc: 0.74mg (4.94%), Iron: 0.88mg (4.91%), Vitamin B12: 0.25µg (4.19%), Copper: 0.06mg (3.01%), Calcium: 22.42mg (2.24%), Vitamin E: 0.26mg (1.72%), Folate: 5.07µg (1.27%), Vitamin D: 0.15µg (1.02%)