

# TAMARIND CHICKEN

**Ingredients:** Mampster™ Tamarind Sauce 250mL, chicken breast 400g, garlic 2 Cloves/10g, fresh red/green chillies 2g, fresh coriander 30g, ginger 5g, lime juice 20mL, olive oil 15mL, salt to taste.

**Directions:** Chop garlic, chillies, coriander and ginger . Combine Tamarind Sauce and all other ingredients in a bowl then mix well. Make diagonal incisions on the chicken pieces and place in mixture. Place in bowl and let set in refrigerator for 4 hrs. Preheat oven to 350°. Place chicken in casserole dish and bake for 40 to 45 min or till chicken's juices run clear. Serve with rice. For a change, substitute try marinating chicken thighs and drumsticks.



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Hint of India.