

Grilled Chicken Tikka Drumsticks

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/grilled-chicken-tikka-recipe-indian>

Ingredients:

- 6 chicken drumsticks skinned
- 1 tablespoon yogurt full-fat
- 1 teaspoon chilli powder Kashmiri, see notes
- 1/2 teaspoon turmeric powder haldi
- 1/3 teaspoon chaat masala
- 1/2 teaspoon Garam Masala see notes
- 1/2 lime
- 1 teaspoon ghee can be replaced with melted butter
- salt to taste
- 1 teaspoon ginger paste see notes
- cucumber Finely diced
- 1/3 cup greek yogurt
- 1/4 teaspoon cumin seeds
- 1 tablespoon goats cheese can be replaced with sour cream
- 3 potatoes medium sized, skinned and cut into cubes
- 3 asparagus stalks cut into 1" pieces
- 1 carrot skinned and cut into cubes
- 1/2 teaspoon smoked paprika
- 1 teaspoon olive oil good quality
- 1 teaspoon truffle oil to finish the dish, optional

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 145 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams

6. Protein: 35 grams
 7. SaturatedFat: 7 grams
 8. Sodium: 360 milligrams
 9. Sugar: 4 grams
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