

Hariyali Chicken Tikka - A Green & Flavorful Twist on Classic Tandoori

Hariyali Chicken Tikka Recipe



OVEN
400°F

TIME
20 min

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INGREDIENTS

For the Marinade:

- 500g boneless chicken, cut into medium cubes
- 1 cup fresh coriander leaves, tightly packed
- ¾ cup fresh mint leaves
- 4-5 garlic cloves
- 1-inch piece fresh ginger
- 2-3 green chilies, adjust to taste
- ¾ cup thick yogurt (hung curd or Greek-style preferred)
- 1 tbsp lemon juice
- 1 tbsp gram flour (besan), dry roasted
- 1 tsp cumin powder
- 1 tsp garam masala
- ¾ tsp black pepper
- Salt, to taste
- 1-2 tbsp oil or melted butter, for grilling

DIRECTIONS

- Step 1: Make the Green Marinade:** In a blender, combine coriander, mint, garlic, ginger, chilies, and lemon juice. Blend into a smooth paste, adding a splash of water if needed.
- In a large bowl, mix this paste with yogurt, roasted besan, spices, and salt until fully combined.
- Step 2: Marinate the Chicken:** Add the chicken pieces to the marinade and coat thoroughly. Cover and refrigerate for at least 4 hours, or preferably overnight for maximum flavor.
- Oven Method::** Preheat to 200°C / 400°F. Skewer marinated chicken and place on a baking tray. Brush with oil or melted butter. Bake for 15-20 minutes, flipping once halfway through.
- Pan Method::** Heat a nonstick or grill pan over medium heat. Drizzle with oil and cook the chicken until golden brown and cooked through, turning occasionally for even cooking.
- BBQ or Tandoor::** Grill over hot coals until lightly charred and fully cooked. This gives the best smoky flavor!

SWAPS & NOTES

& Swaps Yogurt : Hung curd works best as it sticks well and won't water down the marinade.

Green chilies : Use more for heat or deseed for a milder version.

Roasted gram flour : Helps the marinade cling and adds a nutty flavor-don't skip it!

Use the tandoor or add a charcoal smoke finish.

TIPS FOR SUCCESS

Don't skip marination time -this builds flavor and ensures tenderness.

Use metal or soaked wooden skewers for oven and grill cooking.

Rest the chicken for 5 minutes before serving for juicier results.

Double the recipe and use leftovers in wraps, bowls, or salads!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/hariyali-chicken-tikka-a-green-flavorful-twist-on-classic-tandoori/>