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## Tandoori Chicken

with Julienned Apple Salad and Spiced Yogurt Sauce

Although you won't be cooking this dish in a tandoor oven, you can still enjoy all the flavours of traditional tandoori chicken. Spiked with a blend of turmeric, coriander, paprika, and cardamom, this yogurt sauce lends the dish its signature flavour. A crisp, apple-spiked side salad is the perfect complement to the chicken's bold Indian spices.

 Prep  
30 min

 level 2

 nut  
free

 gluten  
free



Chicken Breasts



Greek Yogurt



Granny Smith  
Apple



Plum  
Tomato



Lime



Green Onions



Cilantro



Basmati Rice



Chicken Broth  
Concentrate



Tandoori  
Spice

Ingredients	2 People	4 People	*Not Included
Chicken Breasts	2	4	
Greek Yogurt	1) 1 pkg	2 pkg	Allergens
Granny Smith Apple	1	2	1) Milk/Lait
Plum Tomato	1	2	
Lime	1	2	
Green Onions	2	4	
Cilantro	1 pkg	2 pkg	
Basmati Rice	1 pkg	2 pkg	
Chicken Broth Concentrate	1	2	Tools
Tandoori Spice	1 pkg	2 pkg	Small Pot, 2 Medium
Olive or Canola Oil*			Bowls, Small Bowl, Baking Sheet, Zester

**Nutrition per person** Calories: 616 cal | Carbs: 62 g | Fat: 19 g | Protein: 52 g | Fiber: 8 g | Sodium: 817 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



- 1 Prep:** Preheat the broiler to high or the oven to 500°F. In a small pot, bring **1 cup water** (double for 4 people) and the **broth concentrate** to a boil. Once boiling, add the **rice** to the pot, cover, and simmer for 15 minutes until tender. **Wash and dry all produce.** Zest and halve the **lime(s)**. Cut the **chicken** into 1-inch pieces.
- 2 Make the yogurt sauce:** In a medium bowl, combine the **yogurt**, **lime zest**, **tandoori spice** and a drizzle of **oil**. Season with **salt** and **pepper**.
- 3** Place **1/3 of the yogurt sauce** in a separate small bowl, stir in **1-2 tbsp water** to thin it out, then set it aside. Toss the **chicken** into the **remaining yogurt sauce** and let it marinate.
- 4** Halve and thinly slice the **green onions** lengthwise into matchsticks. Halve, seed, and thinly slice the **tomato** into strips. Roughly chop the **cilantro leaves** and **stems**, keeping both separate. Halve and core the **apple**, then slice into thin matchsticks.
- 5 Make the apple salad:** In a medium bowl, combine the **green onions**, **tomatoes**, **apple**, **cilantro stems**, a drizzle of **oil** and the **juice of the lime(s)**, to taste. Season with **salt** and **pepper**.
- 6 Bake the chicken:** Place the marinated **chicken** on a parchment-lined baking sheet. Bake in the oven for 7-10 minutes, rotating sheet halfway through cooking, until cooked through and slightly charred.
- 7** When the rice is tender, fluff with a fork and stir in **half of the cilantro**.
- 8 Finish and serve:** Plate the **rice** and **chicken** alongside the **apple salad**. Drizzle the plate with the **reserved, thinned out yogurt sauce** and garnish with the **remaining cilantro**. Enjoy!