

## **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.



30 min



level 2











Greek Yogurt



Granny Smith Apple



Tomato



Lime



Green Onions





Basmati Rice





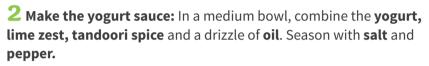
Ingredients		2 People	4 People	*Not Included	 : 
Chicken Breasts		2	4		.⊑
Greek Yogurt	1)	1 pkg	2 pkg	Allergens	3/4
Granny Smith Apple		1	2	1) Milk/Lait	.⊑
Plum Tomato		1	2	I) MILK/ Lait	½in −
Lime		1	2		.⊑_
Green Onions		2	4		<sup>7</sup> ½
Cilantro		1 pkg	2 pkg		Ruler 0 in 1
Basmati Rice		1 pkg	2 pkg	Tools	≃ 0
Chicken Broth Concentrate		1	2	Small Pot, 2 Medium	
Tandoori Spice		1 pkg	2 pkg	Bowls, Small Bowl, Baking	
Olive or Canola Oil*				Sheet, Zester	. 0

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.





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.





- **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.



- 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!