



TANDOORI-STYLE CHICKEN

with Fragrant Rice and Cucumber Raita

PRONTO



HELLO

TADKA MASALA

Tadka Masala is a combination of fried onions, garlic, ginger and other aromatic spices

TIME: 35 MIN



Chicken Thighs



Basmati Rice



Shallot



Garlic



Greek Yogurt



Mini Cucumber



Cilantro



Mild Tadka Masala

BUST OUT

- Medium Bowl
- Paper Towel
- Baking Sheet
- Large Bowl
- Parchment Paper
- Garlic Press
- Measuring Cups
- Medium Pot
- Box Grater
- Salt and Pepper
- Measuring Spoons
- Olive or Canola Oil
- Strainer

INGREDIENTS

2-person | 4-person

- Chicken Thighs 5 | 9
- Basmati Rice ¾ cup | 1 ½ cup
- Shallot 50 g | 100 g
- Garlic 3 g | 6 g
- Greek Yogurt 2 100 g | 200 g
- Mini Cucumber 66 g | 132 g
- Cilantro 7 g | 14 g
- Mild Tadka Masala 6 1 tbsp | 2 tbsp

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG



Preheat the oven to **450°F** (to bake chicken). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce.* Peel, then mince or grate **garlic**. Roughly chop **cilantro**. Peel, then cut **shallot** into ¼-inch slices. Into a medium bowl, using a box grater, finely grate **cucumbers**. Sprinkle with **½ tsp salt** (dbl for 4 ppl) and set aside.



4 BAKE CHICKEN Meanwhile, on a parchment-lined baking sheet, arrange **yogurt-marinated chicken**. Bake in **middle** of oven, until cooked through, 14-16 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**))



2 MARINATE CHICKEN In a large bowl, combine **garlic**, **mild tadka masala** and **half the yogurt**. Pat **chicken** dry with paper towel, then add to **yogurt-masala mixture**. Toss to coat. Season with **salt** and **pepper**. Set aside.



5 MAKE RAITA Meanwhile, drain **cucumber** over the sink, then firmly squeeze off **excess water**. Return **cucumber** to the same bowl, then add **remaining yogurt** and **half the cilantro**. Season with **salt** and **pepper**. Stir to combine.



3 MAKE RICE Heat a medium pot over medium heat. When the pot is hot, add **½ tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until lightly golden, 3-4 min. Add **rice**. Toast, stirring often, until fragrant, 1 min. Add **1 ½ cups water** (dbl for 4 ppl), then cover and bring to a boil. Once boiling, reduce heat to low. Cook, still covered, until **liquid** is absorbed, 12-14 min.



6 FINISH AND SERVE Fluff **rice** with a fork and season with **salt**. Divide **rice** between plates. Top with **tandoori chicken** and dollop with **raita**. Sprinkle over **remaining cilantro**.

COOLING

Raita is the perfect cool and crunchy pairing for spicy Indian dishes