



More than Food

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Tandoori Chicken

with Julienneed Apple Salad and Spiced Yogurt Sauce

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



35 min



level 2



nut free



gluten free



Chicken Breasts



Greek Yogurt



Granny Smith Apple



Plum Tomato



Lime



Scallions



Cilantro



Basmati Rice



Chicken Stock Concentrate



Tandoori Spice

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Greek Yogurt	1) 5.3 oz	10.6 oz
Granny Smith Apple	1	2
Plum Tomato	1	2
Lime	1	2
Scallions	2	4
Cilantro	¼ oz	½ oz
Basmati Rice	½ C	1 C
Chicken Stock Concentrate	1	2
Tandoori Spice	1 T	2 T
Oil*	2 T	4 T

*Not Included

Allergens

1) Milk

Tools

Small Pot,
2 Medium Bowls,
Small Bowl, Baking Sheet,
Zester

Ruler

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

2



1 Preheat the broiler to high or the oven to 500 degrees. In a small pot, bring **1 cup water** and the **stock concentrate** to a boil. Once boiling, add the **rice** to the pot, cover, and simmer for 15 minutes until tender. Zest and halve the **lime**. Cut the **chicken** into 1-inch pieces.

2 Make the **yogurt sauce**: in a medium bowl, combine the **yogurt**, **lime zest**, **tandoori spice**, and **1 Tablespoon oil**. Season with **salt** and **pepper**.

3



3 Place $\frac{1}{3}$ of the **yogurt sauce** in a separate small bowl, stir in **2 Tablespoons water** to thin it out, then set it aside. Toss the **chicken** into the **remaining $\frac{2}{3}$ yogurt sauce** and let it marinate.

4 Prep the remaining ingredients: halve and thinly slice the **scallions** lengthwise into matchsticks. Halve, seed, and thinly slice the **tomato** into strips. Roughly chop the **cilantro leaves** and **stems**, keeping both separate. Core the **apple**, then slice into thin matchsticks.

4



5 Make the **julienned apple salad**: in a medium bowl, combine the **scallions**, **tomatoes**, **apple**, **cilantro stems**, **1 Tablespoon oil**, and the **juice of the lime**. Season with **salt** and **pepper**.

6



6 Place the marinated **chicken** on a lightly oiled baking sheet. Place 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 mix in half of the **chopped cilantro leaves**.

8 Plate the **rice** and **chicken** alongside the **julienned apple salad**. Drizzle the plate with the **reserved, thinned out yogurt sauce** and garnish with the **remaining cilantro**. Enjoy!