



# TANDOORI-STYLE CHICKEN

with Fragrant Rice and Cucumber Raita

FAMILY



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

4-person

- Chicken Thighs 680 g
- Basmati Rice 1 ½ cup
- Shallot 50 g
- Garlic 6 g
- Greek Yogurt 2 200 g
- Mini Cucumber 132 g
- Cilantro 14 g
- Mild Tadka Masala 6 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 soya, 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 **shallots** into ¼-inch slices. In a medium bowl, using a box grater, finely grate **cucumbers**. Sprinkle with ¼ **tsp salt** and set aside.



**4 BAKE CHICKEN** Meanwhile, on a parchment-lined baking sheet, arrange **yogurt-marinated chicken**. Bake in **middle** of oven, until **chicken** is 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**, **half the yogurt**, and **2 tbsp tadka masala**. Pat **chicken** dry with paper towel. Add **chicken** to **yogurt-masala mixture** and stir 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 **1 tbsp oil**, then **shallots**. Cook, stirring occasionally, until lightly golden, 3-4 min. Add **rice**. Toast, stirring often, until fragrant, 1 min. Add **3 cups water**, 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