



HOME CHEF

Tandoori Chicken

With Turmeric Rice and Cucumber-Tomato Sambal



Tandoori chicken gets its name from the charcoal-fired tandoor oven in which it's traditionally cooked. Imagine a ceramic jet engine cranked full blast and you get a pretty good idea of the intense heat these ovens generate. The best approximation of this in a home kitchen is to use your oven's broiler. You'll love turning up the heat with this smoky, spicy tandoori chicken.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

DIETARY



LOW CALORIE



GLUTEN-FREE



NUT-FREE



SOY-FREE

NUTRITION

Calories: 620
Carbohydrates: 83g
Fat: 8g
Protein: 63g
Sodium: 240mg
per serving

DRINK PAIRING

Pinot Noir, Dry Chardonnay,
Syrah

INGREDIENTS

2 Persian Cucumber
2 Roma Tomatoes
4 Cilantro Sprigs
1 Lime
2 Chicken Breasts
5.3 oz. Greek Yogurt, Plain
2 tsp. Chopped Ginger
1 Tbsp. Tandoori Spice Mix
7 oz. Basmati Rice
2 tsp. Turmeric
2 tsp. Sambal

WHAT YOU NEED

Salt
Pepper

EQUIPMENT

Baking Sheet
Mixing Bowl
Small Pot

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Prepare the Ingredients

Preheat broiler on high and prepare a baking sheet with aluminum foil. Thoroughly rinse produce and pat dry. Trim ends from **cucumbers** and slice into ¼” rounds. Quarter **tomatoes** top to bottom and carefully remove and discard seeds. Cut remaining outer tomato flesh into ¼” dice. Stem and roughly chop **cilantro**. Halve **lime**. Rinse **chicken breasts** and pat dry. Cut three diagonal slashes into the top of chicken to allow marinade to penetrate.



Marinate Chicken

In a mixing bowl, whisk together **yogurt** with **ginger** and **tandoori spice mix**. Add the juice from half **lime** and season with a pinch of **salt** and **pepper**. Add **chicken breasts**, coat with marinade, and cover with plastic wrap.



Cook the Rice

Combine **basmati rice** with 1½ cups **water**, **turmeric**, and a pinch of **salt** in a small pot. Bring to a boil over high heat, reduce heat to low, cover pot and cook 20 minutes, or until rice is tender. Set aside.



Make the Sambal

In a mixing bowl, combine **cucumber**, **tomatoes**, and **sambal** (to taste). Add half of chopped **cilantro** (reserving remaining for garnish), juice from remaining **lime half**, and season with a pinch of **salt** and **pepper**. Set aside.



Cook the Chicken

Remove **chicken** from marinade, shaking off excess. Reserve marinade. Place on a prepared baking sheet, slashed side up, and place on middle oven rack under broiler. Cook 6-8 minutes, until beginning to brown. Flip over and brush another Tbsp. of **marinade** over each breast. Cook 5-7 more minutes, or until charred and a minimum internal temperature of 165 degrees is reached. Let rest for a few minutes and discard marinade.



Plate the Dish

Spoon a serving of **rice** in center of plate. Top with **chicken** and **cucumber sambal**. Garnish with remaining **cilantro**.