



#### IN YOUR BOX

- 2 Garlic Cloves
- ¼ oz. Parsley
- 1 Cauliflower Head
- 1 Resealable Gallon-Size Plastic Bag
- 6 oz. Carrot
- 1 Tbsp. Tandoori Spice Mix
- 2 Boneless Skinless Chicken Breasts
- 2 oz. Sour Cream
- 2 tsp. Chopped Ginger

CONTAINS: milk, soy

**NUTRITION** *per serving* 23g carbohydrates 15g fat 48g protein 1181mg sodium | calorie-conscious, carb-conscious



Calories  
**414**



Prep & Cook Time  
**25-35 min.**



Cook Within  
**5 days**



Difficulty  
**Easy**



Spice Level  
**Mild**

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Large Non-Stick Pan



## Tandoori-Rubbed Chicken

with cauliflower rice and ginger-garlic sauce

[www.homechef.com/3964](http://www.homechef.com/3964)

## BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Preheat oven to **450 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- ☐ **Heads Up! Garlic** is used twice. Half is added to **sauce** and remaining is added to **cauliflower rice**.
- ☐ **Heads Up! Parsley** is used twice. Most is added to **sauce**, and a pinch garnishes dish.
- ☐ **Heads Up! Tandoori spice mix** is used twice. Half spices **chicken** and remaining is added to **cauliflower rice** (to taste).

## FROM THE CHEF

If you prefer a thinner consistency for the sauce, add an additional ½ tsp. water and thoroughly combine.

### Did you know...

*Tandoori chicken actually originates in Pakistan, prior to the 1947 partition of India and Pakistan. In a small restaurant in Peshawar, a cook named Kundan Lal Gujral starting using the clay bread oven (tandoor) to cook chicken with a crispy, bright red skin. Gujral went on to serves this chicken in his restaurant, Moti Mahal, in India, where he moved after partition.*



## Prepare the Ingredients

Mince **garlic**. Stem and mince **parsley**. Stem **cauliflower** and place in provided **resealable bag**. Pound with an heavy object until it resembles coarse grains slightly larger than rice. *Don't worry if some larger stem pieces remain.* Peel, trim, and cut **carrot** into ½” dice. Set aside half the **tandoori spice mix**. Pat **chicken breasts** dry, and season both sides with remaining tandoori spice mix and ¼ tsp. **salt**.



## Roast the Chicken

Roast until **chicken** reaches a minimum internal temperature of 165 degrees, 6-8 minutes. While chicken roasts, cook cauliflower rice.



## Make the Sauce

Combine **sour cream**, **ginger**, half the **garlic** (reserve remaining for cauliflower rice), **parsley** (reserve a pinch for garnish), 2 tsp. **water**, and a pinch of **salt** and **pepper** in a small mixing bowl.



## Cook the Cauliflower Rice

Return pan used to sear chicken to medium-high heat. Add 1 tsp. **olive oil**, **cauliflower**, and **carrots** to hot pan. Cook undisturbed until lightly charred, 3-4 minutes. Stir in remaining **garlic** and remaining **tandoori spice mix** (to taste). Cook, stirring occasionally, until tender, 3-4 minutes. Season with ½ tsp. **salt**.



## Sear the Chicken

Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until brown, 2-3 minutes. Transfer chicken, seared side up, to prepared baking sheet. Reserve pan; no need to wipe clean.



## Plate the Dish

Slice **chicken**. Place a serving of **cauliflower rice** and **carrot** on a plate. Serve chicken next to cauliflower rice and garnish with reserved **parsley**. Serve **sauce** on side for dipping.