

Tandoori-Spiced Chicken

with Green Lentils, Heirloom Eggplant & Cucumber-Mint Yogurt

This delicious, Indian-inspired meal is a celebration of spices. Tandoori chicken is a popular Indian dish, in which chicken is typically marinated in yogurt and coated in masala (a classic Indian spice mix). Here, we're turning the yogurt into a sauce by combining it with mint and grated Persian cucumber. And we're searing the coated chicken to lightly char the spices, bringing out their complex flavors. As a hearty, creamy side, we're making green lentils, mixed with a second blend of spices and simmered with onion and heirloom eggplant. (Depending on what's best in your area, your eggplant may be either slender and purple or round and white.)



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- ½ Cup Green Lentils
- ½ Cup Low-Fat, Plain Greek Yogurt
- 1 Heirloom Eggplant
- 1 Persian Cucumber
- 1 Yellow Onion
- 1 Large Bunch Mint

Knick Knacks

2 Teaspoons Tandoori Spice Blend
(Sweet Paprika, Ground Coriander, Ground Ginger, Garlic Powder & Ground Cayenne Pepper)

1 Tablespoon Lentil Spice Blend
(Garam Masala, Ground Turmeric & Whole Black Mustard Seeds)

Makes 2 Servings

About 575 Calories Per Serving

Prep Time: 10 min | Cook Time: 35 to 45 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Cut off and discard the stem end of the eggplant; medium dice. Peel and medium dice the onion. Using a box grater, grate the cucumber into a medium bowl. Pick the mint leaves off the stems; discard the stems.

2



Cook the eggplant & onion:

In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **eggplant** and **onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened. Add the **lentil spice blend**. Cook, stirring frequently, 30 seconds to 1 minute, or until the spices are toasted and fragrant.

3



Add the lentils:

Add the **lentils** and **3 cups of water** to the pan of eggplant and onion; season with salt and pepper. Cook, stirring occasionally, 24 to 26 minutes, or until the lentils are tender. Remove from heat. Season with salt and pepper to taste.

4



Make the cucumber-mint yogurt:

While the lentils cook, using a spoon, press down on the **grated cucumber** to release any excess liquid; discard the liquid. To the bowl of drained cucumber, add the **yogurt** and **half the mint** (finely chopping just before adding); stir to combine and season with salt and pepper to taste.

5



Cook the chicken:

While the lentils continue to cook, pat the **chicken** dry with paper towels. Season on both sides with salt, pepper and the **tandoori spice blend**. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the seasoned chicken and cook, loosely covering the pan with aluminum foil, 3 to 5 minutes per side, or until browned and cooked through. Remove from heat. Transfer the cooked chicken to a cutting board.

6



Finish & plate your dish:

Stir **half the cucumber-mint yogurt** into the pan of cooked lentils; season with salt and pepper to taste. Thinly slice the cooked chicken. Divide the **cooked lentils** between 2 dishes. Top with the **sliced chicken**. Garnish with the **remaining mint** (finely chopping just before adding). Serve with the **remaining cucumber-mint yogurt** on the side. Enjoy!