

# Tandoori Chicken & Basmati Rice

*with Coconut-Tomato Broth & Mint Yogurt*

Indian cooking is all about balancing diverse flavors. Sometimes—as in this recipe—all it takes are two deliciously contrasting ingredients to create that balance. Creamy, sweet coconut milk perfectly cuts the acidity of tomato sauce. Simmered together with complex tandoori spices (including garam masala, turmeric and cardamom), they make a powerfully flavorful broth for seared, spiced chicken and brown basmati rice. Served on the side, a sauce of tart yogurt and fresh mint completes our unique spin on a traditional meal.



## Ingredients

8 Boneless, Skin-On Chicken Thighs

$\frac{3}{4}$  Cup Brown Basmati Rice

1 8-Ounce Can Tomato Sauce

1 $\frac{1}{4}$  Cups Coconut Milk

$\frac{1}{2}$  Cup Plain Greek Yogurt

4 Cloves Garlic

4 Ounces Spinach

1 Bunch Mint

1 Large Bunch Cilantro

### Knick Knacks

1 1-Inch Piece Ginger

2 Tablespoons Tandoori Chicken Spice Blend  
(Ground Turmeric, Ground Cardamom, Garam Masala, Ground  
Ginger, Whole Brown Mustard Seeds & Ground Cayenne  
Pepper)

Makes 4 Servings

About 610 Calories Per Serving

Prep Time: 10 min | Cook Time: 20 to 30 min





1



## Cook the rice:

In a medium pot, combine the **rice**, a **big pinch of salt** and **1½ cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to medium-low. Simmer 14 to 16 minutes, or until the liquid has been absorbed and the rice is tender. Remove from heat and fluff with a fork. Set aside in a warm place.

2



## Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Peel and mince the garlic and ginger. Pick the mint and cilantro leaves off the stems; discard the stems and roughly chop the mint leaves. In a small bowl, combine the **yogurt** and **mint**; season with salt and pepper to taste.

3



## Start the chicken:

While the rice continues to cook, pat the **chicken** dry with paper towels; season on both sides with salt, pepper and **half the spice blend**. In a large, high-sided pan (or pot), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken, skin sides down. Cook 6 to 8 minutes on the first side, or until browned. Carefully drain off and discard any drippings from the pan.

4



## Make the broth:

Reduce the heat to medium. Flip the chicken and add the **garlic**, **ginger** and **remaining spice blend**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Add the **tomato sauce** and **coconut milk** (shaking the can just before opening); season with salt and pepper. Stir until thoroughly combined. Simmer, stirring occasionally, 6 to 8 minutes, or until the chicken is cooked through and the liquid has thickened.

5



## Finish & serve your dish:

Working in batches if necessary, add the **spinach** to the pan of chicken and broth; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted. Remove from heat; season with salt and pepper to taste. Divide the **cooked rice** between 4 dishes. Top with the **finished chicken and broth**. Garnish with the **cilantro**. Serve with the **mint yogurt** on the side. Enjoy!