



Tandoori Spiced Chicken

with Coconut Green Beans & Rice



20-30min



2 Servings

Tandoori spiced chicken is ultra tender from pounding with a meat mallet (or a heavy skillet!) and marinating in yogurt. It's accompanied by garlicky-ginger green beans tossed in crunchy coconut and a slightly sweetened rice studded with currants. We saved a little yogurt to season with salt and pepper for a refreshing dipping sauce. Cook, relax, and enjoy!

What we send

- basmati rice
- fresh ginger
- garlic cloves
- green beans
- boneless, skinless chicken breasts
- tandoori spice blend
- dried currants
- shredded coconut ¹⁵

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 19g, Carbs 89g, Proteins 52g



1. Prep ingredients

Peel and finely chop **garlic** and **ginger**. Trim stems from **green beans**. Place **chicken breasts** between 2 sheets of plastic wrap and, using a meat mallet or heavy skillet, pound **chicken** to even ½-inch thickness all over.



4. Toast coconut

Heat a large nonstick skillet over medium-high. Add **coconut** and toast, stirring, until deeply golden, 2-3 minutes. Transfer to a small plate or bowl. Wipe out skillet.



2. Marinate chicken

In a medium bowl, combine **tandoori spice**, **half of yogurt**, and **half each of garlic** and **ginger**. Add **chicken** and rub marinade all over. Set aside to marinate at room temperature while you prepare the rest, about 15 minutes.



5. Cook green beans

Add 1 tablespoon **oil** to skillet. Add **rest of ginger** and **garlic** and cook on medium until fragrant, 1 minute. Add **green beans**, ¼ teaspoon **salt**, and ¼ cup **water**. Cover and cook until bright green, about 2 minutes. Uncover and cook until liquid is evaporated and **beans** are crisp-tender, 2-3 minutes. Transfer to a plate and cover to keep warm. Wipe out skillet.



3. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear and drain well. Combine **rice**, **currants**, 1½ cups **water**, and ½ teaspoon **salt** in a small saucepan. Bring to a boil, reduce heat to low, and cover. Cook until **rice** is tender and water is absorbed, about 15 minutes. Leave covered 5 minutes then fluff with a fork.



6. Cook chicken

Add 1 tablespoon **oil** to skillet over medium-high heat. Cook **chicken** until browned and cooked through, about 3 minutes per side; transfer to a plate. Combine **remaining yogurt** with any accumulated **juices from chicken** and season with **salt**. Toss **green beans** with **coconut**. Slice **chicken** crosswise and serve with **rice**, **green beans**, and a dollop of **yogurt**. Enj...