

MARLEY SPOON



Fragrant Tandoori Chicken

with Tomato-Turmeric Rice



30-40min



2 Portions

Using a tandoor (the cylindrical clay oven traditionally used to cook this Indian dish) is a trick - not to mention actually finding one. Luckily, you don't have to work that hard. We've made an ultra-simple version of tandoori chicken, using healthy brown rice, lean chicken breast, mild spices, plenty of veg and a few dollops of cooling, yoghurt.

What we send

- 17
- 7
- coriander
- 1 garlic clove

What you'll require

- sea salt and pepper
- water

Utensils

- fine grater
- sieve
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The remaining masala seasoning, smoked paprika and turmeric won't be used in this dish.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

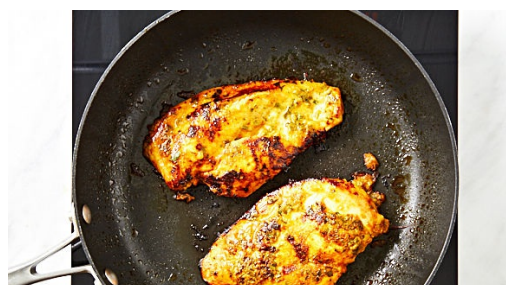
Nutrition per serving

Energy 670kcal, Fat 25.3g, Carbs 59.7g, Proteins 47.2g



1. Prepare ingredients

Bring a small saucepan of water to the boil for the rice. Thinly slice the **onion**. Peel and finely grate the **ginger**. Crush or finely chop the **garlic**. Cut the **zucchini** and **tomato** into 1.5cm chunks. Finely chop the **coriander**, including the stems. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets.



4. Cook chicken

Heat **2 tsp grapeseed oil** in a medium deep frypan over medium-high heat. Cook the **chicken** for 3 mins on one side. Turn, cover and cook for a further 2-3 mins until cooked through and slightly charred. Remove from the pan and rest for 3 mins.



2. Cook rice

Cook the **rice** in the pan of boiling water for 25 mins or until the rice is tender. Drain and keep warm.



5. Fry onion

Heat **1 tbs of grapeseed oil** in the pan over medium heat. Cook the **onion**, scraping the pan to loosen the charred base, for 5 mins or until browned. Add the **garlic**, **ginger** and **½ tsp turmeric** (see cooking tip), and cook, stirring, for 30 secs or until fragrant.



3. Marinate chicken

Meanwhile, combine **1 tbs yoghurt**, **1 tsp masala seasoning**, **½ tsp turmeric**, **½ tsp smoked paprika** (see cooking tip), **2 tsp grapeseed oil** and **half the coriander** in a bowl. Season with **salt and pepper**, add the **chicken** and turn to coat.



6. Get ready to serve

Add the **zucchini**, **tomato** and **2 tbs water** to the pan. Cook, covered, for 3-4 mins until the zucchini has softened. Stir in the **rice** and season with **salt and pepper**. Divide the **tomato rice** and **chicken** among plates. Scatter over the **remaining coriander** and serve with the **remaining yoghurt**.