



cara price

TANDOORI CHICKEN

INGREDIENTS

- 3 pounds chicken thighs, boneless & skinless
- 2 - 5 ounce containers, plain, unsweet coconut milk yogurt
- 2 tablespoons olive oil
- 4 cloves garlic
- 1" piece ginger, peeled & roughly chopped
- 1 tablespoon fresh lime juice
- 1 tablespoon paprika
- 3 teaspoons garam masala
- 1-1/2 teaspoons salt
- 1 teaspoon each: ground cumin, turmeric, onion powder, ground coriander, cayenne pepper

DIRECTIONS

place all ingredients, except the chicken in a blender & blend on medium for about 30 seconds or until garlic & ginger are pureed into the yogurt & spices.

pour the marinade over the chicken thighs & place in the fridge for at least 30 minutes, but preferably up to 4 hours.

heat an outdoor grill to a moderately high heat & grill chicken 5-7 minutes per side until it reaches an internal temperature of 165.*

remove chicken to a large dish & cover. place it in a warm area let it sit for 5-10 minutes before serving.

*alternately you can bake this chicken on a rimmed cookie sheet @ 400 degrees for 22-24 minutes. This will yield a chicken that has quite a bit more sauce. I've done it both ways & we prefer the grilled method but the baked one is still good & a great option if outdoor cooking isn't your thing.