

Tandoori Chicken Breast with Turmeric Rice & Chili Yoghurt

⌚ 30 Mins
Kcal 574 | P 43 g | C 84 g | F 10g

Quick and Easy Spicy

Tandoori Chicken Breast is served over fragrant Turmeric Rice, with spicy Chili Yoghurt.




Before you start


Preheat the oven to 180 degrees Celsius. Please wash your hands and rinse all fresh fruits and vegetables before cooking.


What you'll need


Cooking pot, Salt, Mixing bowl, Chopping board, Knife, Small bowl, Griller pan, Cooking pan, Oil.

Ingredients (2 persons)

 Water for Rice 400ML

 Turmeric Powder 6GR

 Basmati Rice 180GR


 Chicken Breast 280GR

 Tandori Masala Powder 6GR

 Ginger Powder 2GR

 Yoghurt Full Fat 180ML

 Garlic 7GR

 Green Beans 100GR

 Red Thai Chilli 10GR

 Coriander Leaves 7GR

Method



Cook the Rice

Wash and rinse the **rice**. In a small pot, bring **water** to a boil with half of the **turmeric powder** and a pinch of **salt**. Stir in the **rice**, cook uncovered for 1-3 minutes, then cover and simmer on low for 12 minutes. Remove from heat when done.



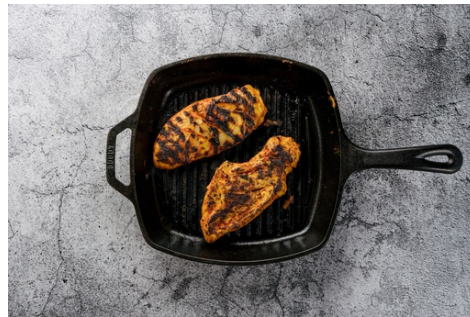
Marinate the Chicken

Make incisions in the **chicken breast** at 1cm intervals without cutting through. Mix **tandoori masala**, **ginger powder**, the remaining **turmeric**, and 1/4 of the **yogurt** in a bowl. Coat the **chicken**.



Prep the Ingredients

Peel and finely chop the **garlic**. Trim the **beans** and cut them into thirds. Roughly chop the **coriander**. Halve, deseed, and finely chop the **red Thai chili (spicy)**.



Grill the Chicken

Cook the **chicken** on a griller pan over medium heat for 3-5 minutes on each side, then finish in the oven for 8 minutes. While the **chicken** cooks, prepare the **chili yogurt** by combining the remaining **yogurt** with **coriander leaves** and **red Thai chili (spicy)**. Refrigerate until serving.



Sauté Turmeric Rice

Heat **oil** in a pan over medium heat, stir-fry the **beans** for 3-5 minutes, add **garlic**, then the **cooked rice**. Season with **salt** and stir in half the **coriander leaves** and **red Thai chili (spicy)**.



Serve and Enjoy!

Serve the **turmeric rice** with the **grilled tandoori chicken** and a dollop of **chili yogurt** on top.

Allergens Dairy