

Easy Tandoori Chicken

Ingredients:

- 8 bone-in chicken thighs, skin removed
- 1 ½ cups Plain Greek yogurt
- 3 tbsp tandoori masala seasoning (recipe below)
- 2 sweet potatoes, peeled & cut in wedges
- 1 small head cauliflower, separated into florets
- Olive oil, s/p
- 1-pint heirloom or cherry tomatoes

Tandoori Seasoning

In a small bowl, mix together two teaspoons each of ground coriander, cumin, garam masala, ground ginger, paprika, turmeric, granulated garlic, and one teaspoon each of cardamom, kosher salt, fresh ground pepper. Add ½ teaspoon of each cayenne pepper & chili flake for a nice heat boost! This makes more than you will need for this recipe, so be sure to measure out the 3 tablespoons needed for this recipe & save the rest. Enjoy!

Method:

1. In a large bowl, mix together yogurt & 3 tbsp seasoning. Add chicken and massage to coat with yogurt marinade. Cover bowl and refrigerate for 8 hours or overnight.
2. Preheat your combi steam oven to 400 degrees. Prepare your sheet pan by lining it with parchment paper and then place the marinated chicken, sweet potatoes & cauliflower onto the pan. Drizzle veggies with olive oil, salt, and pepper. Place pan in an oven set to combi steam/convection mode and set the timer for 20 minutes. When the timer goes off, check the chicken for doneness, and place it back in the oven if needed.
3. Set oven to broil function and add tomatoes. Place pan back in the oven and bake for another 5 minutes or until veggies and chicken are golden, and tomatoes have burst. Remove pan from oven and serve with desired sides like basmati rice, naan bread, crunchy chili sauce, and fresh cilantro.